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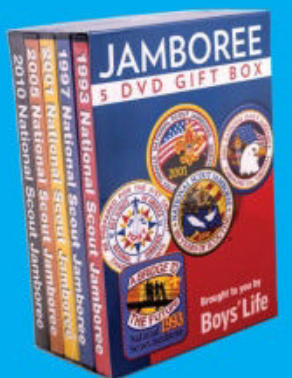
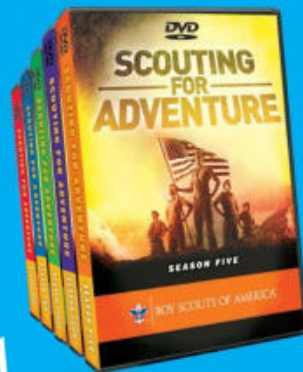


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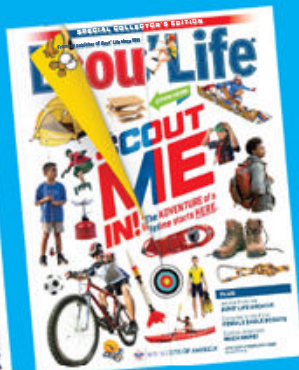
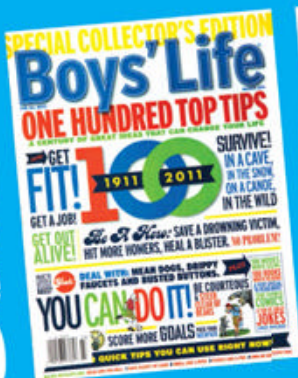


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On black diamonds or the bunny slope, these guys made the most of their mountain time.

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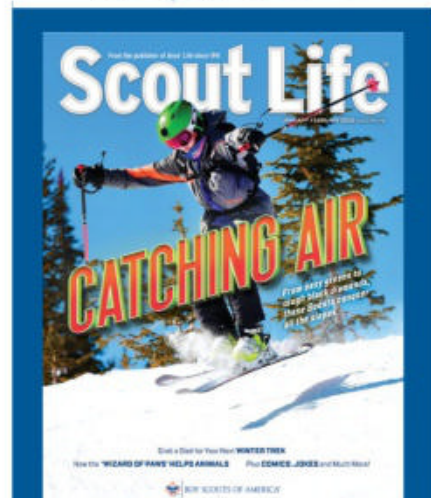
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ON THE COVER: Trevor Johnson catches some air on a black diamond run. "Skiing is the next best thing to flying!" he says. **PAGE 12.**

I'm glad to see a good replacement for Pedro! One question: How long is the gap between when you answer these questions and when the magazine comes out? P.S. What type of food do you like? — Jack W., Plano, Texas

Jack, thank you for your kind words. An eagle gets kind of batty when all our letter-writers are asking where Pedro went.

And batty is never a good thing for a bird!

To answer your first question: Think of yourself as a time traveler, because I'm speaking to you from the past ... several months ago. It takes a while for a great magazine to make it to your mailbox.

P.S. My favorite food? One word: salmon. ✖✖



I AM BEYOND THANKFUL for the opportunity as a girl to be a part of the BSA program, and because of Scouts, I have greatly developed as a person professionally, intellectually and physically.

Gabi R., Birmingham, Alabama

Love to hear it, Gabi! Keep up the good work and accept my long-distance feather-five. (It's a high-five for birds. Keep up, people!) ✖✖

HOW CAN AN EAGLE SCOUT HELP OUT THEIR TROOP? Thank you! J.T. G., Mountain Brook, Alabama

Glad you asked, J.T. An Eagle's work is never done. After you achieve Scouting's highest rank, you can take on an even bigger leadership role in your troop by organizing outings and helping your fellow Scouts who aim to follow in your footsteps. You can also simply enjoy adventures less focused on advancement. ✖✖

HEY, SCOUT! I have been a Cub Scout for a while and love the Pinewood Derby. Last time I got second place out of everyone! Do you have any tips?

Wesley B., Charlotte, North Carolina

Hey, Wesley! Weight. There's more. ... See what I did there? But seriously, I think creating the fastest car possible relies on maxing out your weight allowance right in front of your rear axle. How do I know that? I checked out scoutlife.org/pinewoodderby, as well as page 5 of this magazine! Also, I'm impressed. Second place is no easy task in an event as competitive as Pinewood Derby. Clearly you already know a thing or two about building a fast car. ✖✖

I LOVE YOUR WEBSITE — specifically your jokes. They really make me laugh.

Mikayla P., Davenport, Florida

This one goes out to you, Mikayla: What do you call an eagle that plays piano?

Talon-ted. ✖✖

DO YOU GUYS DRAW YOUR COMICS or does someone else? Brandon D., Santa Clarita, California

*This guy doesn't draw a thing. I'm more of a speech-to-text kind of bird. Scout Life has a **talon-ted** talented lineup of artists and illustrators who dream up and draw up our comics each month. ✖✖*

I JUST READ THE SEPTEMBER 2022 ISSUE

and saw the page that talks about sleeping bag brands. I wish I'd read it before I went on a campout. My troop decided to camp out in Haymarket, Virginia. The first night was freezing. The second night was even colder — we had to put on two sleeping bags each ... and were still cold. *Harrison K., Manassas, Va.*

Harrison, my beak is chattering hearing about your campout! The Gear Guy will be happy his story on sleeping bags has you prepared for next time. He also asked me to remind you to compare the weather forecast to the temperature rating on your bag before you leave home. Speaking of home, I've got to get back to mine. I'm hoping to make it to my aerie on the prairie in time to catch America's Got Talons. Talk to you soon! ✖✖

Scout Life

From the publisher of Boys' Life since 1911, Scout Life is the official youth publication of the Boy Scouts of America

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Super Bowl Sunday is Feb. 12. The Los Angeles Rams beat the Cincinnati Bengals in last season's National Football League championship game. Who will it be this year? Catch the action on Fox.

Rams quarterback Matthew Stafford led his team to a 23-20 victory over the Bengals in Super Bowl LVI.

Giannis Antetokounmpo of the Milwaukee Bucks takes control of the ball during the 2022 NBA All-Star Game.

January-February

CALENDAR

Jan. 4 is National Trivia Day. Did you know that a baby goat is called a “kid”?

Jan. 16 is a federal holiday celebrating Martin Luther King Jr.’s birthday.

February is National Black (African American) History Month. Read about some significant Black leaders on page 8.

Feb. 2 is Groundhog Day. Will Punxsutawney Phil see his shadow?

Feb. 20 is Presidents Day.

On This Date

Jan. 4, 1936: *Billboard* magazine publishes the first pop music chart.

Jan. 11, 1973: Major League Baseball’s American League adopts the designated hitter rule, meaning pitchers no longer have to bat.

Feb. 8, 1910: The Boy Scouts of America is founded.

Feb. 20, 1491: An unnamed comet comes within 860,000 miles of Earth, the closest in history that a comet has passed our planet.

SEE IT The National Basketball Association All-Star Game is Feb. 19 on TNT.

TUNE IN
The College Football Playoff National Championship is Jan. 9 on ESPN.

The **65th annual Daytona 500**, the biggest race of the stock-car season, is Feb. 19 on Fox.

PINEWOOD DERBY

Here are a few tips and tricks to give your Pinewood Derby car a speed boost.

BAKE YOUR BLOCK OF WOOD IN THE OVEN for about 2 hours. This removes moisture and makes your car lighter. Baking your block will let you place more weight on the rear, which increases speed. Some experts say it really helps. Others say it doesn't help that much. Choose what's best for you!



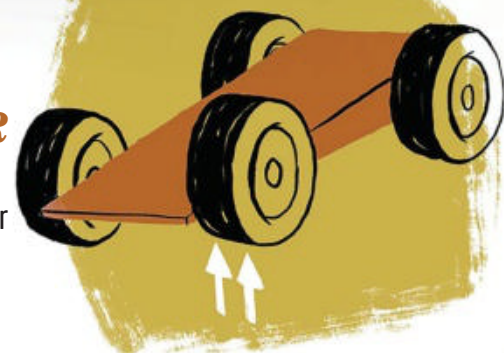
PROPERLY INSTALL THE AXLES AND WHEELS. Make sure they are aligned perfectly straight. Test the alignment of your axles by pushing your car across a floor or table. It should roll smoothly in a straight line.

AVOID A POINTED-NOSE DESIGN, because it will be hard for your car to rest on the pin at the starting gate. Otherwise, make sure your car has a sleek design like that of a real sports car.



MAX OUT YOUR CAR'S WEIGHT AT 5 OUNCES, and make sure the heaviest part is about 1 inch in front of the rear axle.

IF ALLOWED IN YOUR RACE, MAKE A THREE-WHEELER CAR by raising one of the wheels $\frac{1}{16}$ inch higher so it never touches the track. Again, less friction allows for more speed.



ADD GRAPHITE OR ANOTHER DRY LUBRICANT to reduce friction between the wheels and axles.

Visit go.scoutlife.org/derbycarscience for more tips on using science to build a fast Pinewood Derby car.

SKATING

 Skating helps improve coordination, strength, , balance and endurance.



There's a **SKATING MERIT BADGE.**

The National Museum of Roller Skating

in Lincoln, Nebraska, is home to the world's largest collection of historical roller skates, costumes and souvenirs.



The toe pick on the front of an **ICE SKATE IS CALLED "TEETH."**



John Merlin of Belgium ***invented roller skating in 1760.***



THERE ARE FOUR TYPES OF ICE SKATES: figure skates, hockey skates, racing skates and touring skates.

The first ice skates were made from animal bones over 5,000 years ago.



THE WORLD'S LARGEST INDOOR SKATING RINK

is Guptill's Arena in Cohoes, New York.



SNOWSHOEING ON MOUNT HOOD

I went snowshoeing with my troop on Mount Hood in Oregon. We stayed at Mazama Lodge, which had a pool table, foosball table, pingpong table and bunk beds three levels high. There was a huge living room with a roaring fire and tables to play cards and board games.

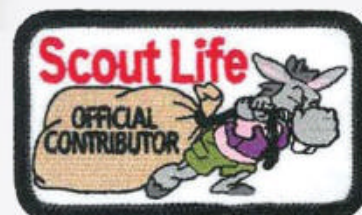
Before going, we worked on the Snow Sports merit badge requirements for two weeks so we could Be Prepared. It was good to learn things ahead of time, especially what to wear when out in cold weather.

We hiked 2 miles around Frog Lake to complete the badge. It was my first time snowshoeing, and I had a great time. The next day, I went snowshoeing again with my friends Kai and Sofia so we could complete another requirement for the Camping merit badge (snowshoeing for 4 miles). We hiked around Trillium Lake. It was a perfect day with 2 feet of fresh snow.

When we weren't hiking, we went sledding by the lodge, which was a lot of fun. Overall, it was the best campout I've been on yet!

— *Rex L., Battle Ground, Washington*

Has anything exciting happened to you lately? If you have had an adventure and are under 18, write about it and send it to Readers' Page, Scout Life, S306, P.O. Box 152079, Irving, TX 75015-2079 or via the e-form at scoutlife.org. You will receive this Official Contributor patch if we print your submission.



HISTORY MAKERS

In celebration of Black History Month, here are a few African American leaders who helped pave the way for other athletes, aviators, journalists, astronauts and activists.

MARTIN LUTHER KING JR.

Before becoming the leader of the civil rights movement in the 1960s and delivering the famous "I Have a Dream" speech, Martin Luther King Jr. was a Boy Scout. From ages 11 to 13, King was registered as a member of Troop 151 in Atlanta, Georgia. His troop met at Ebenezer Baptist Church, now part of the Martin Luther King Jr. National Historic Site.

EMERY MOOREHEAD

Distinguished Eagle Scout Emery Moorehead played 12 seasons as a tight end in the National Football League and was on the Chicago Bears team that won Super Bowl XX in 1986. In his career, Moorehead had 224 receptions for 2,980 yards and 15 touchdowns.

TUSKEGEE AIRMEN

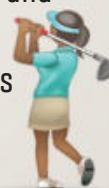
Distinguished as the first Black military aviators in the U.S. Army Air Corps, the Tuskegee Airmen destroyed 251 enemy airplanes during World War II. The men received 150 Distinguished Flying Crosses, eight Purple Hearts, 14 Bronze Stars, three Distinguished Unit Citations, and 744 Air Medals and clusters for their service.

GUION BLUFORD

After serving in the Air Force for 13 years, Guion Bluford was named an astronaut and, in 1983, became the first African American in space. In all, he participated in four space shuttle flights from 1983 to 1992 and rose to the rank of colonel. Bluford is also an Eagle Scout.

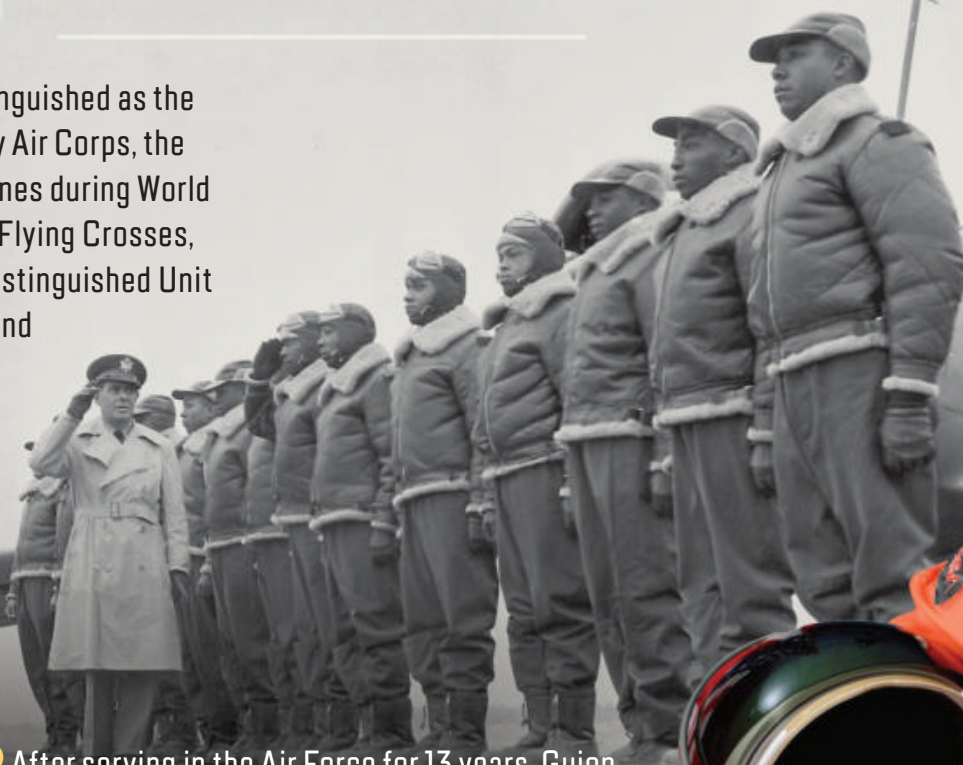
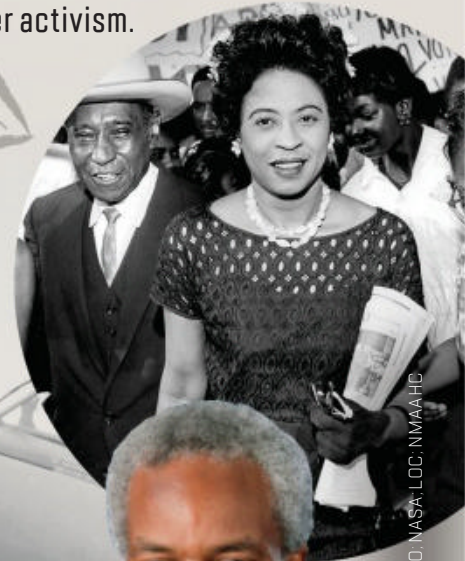


ALTHEA GIBSON Before Venus and Serena Williams, there was Althea Gibson, who dominated the tennis courts in the 1950s. At 15, she won her first American Tennis Association National championship. She held that title for nine years. Later, she became one of the first Black athletes to compete in international tennis. Gibson was the first Black player to win the French Open (in 1956) and Wimbledon (1957 and 1958), and she won the U.S. Open in 1957 and 1958. Gibson was also the first Black woman to compete on the Pro Golf Tour.



DAISY BATES

As a journalist and newspaper publisher, Daisy Bates documented the battle to end segregation in Arkansas. She played a lead role in helping the Little Rock Nine integrate Central High School in 1957. Bates received an honorary degree from the University of Arkansas, among many other awards for her activism.



Q: I lost my sunglasses on my troop's last campout. What should I get to replace them?

— Jackson, Minneapolis, Minnesota

A: TO PROTECT YOUR EYES, YOU'LL WANT A PAIR THAT BLOCKS ULTRAVIOLET RAYS. These sunrays, which can contribute to cancer and sunburns, can also damage every part of your eyes. Many sunglasses have some degree of UVA/UVB protection, but check the label to see how much.

For clarity and protection, shop for sunglasses that have both 100% UVA/UVB protection and polarized lenses. Even in the winter, it's a good idea to wear shades because snow reflects sunlight. Polarized lenses don't add any ultraviolet ray protection, but they do reduce glare.

The **Tifosi Swank** (\$25) comes in many colored lens tints: blue, red, yellow, brown and gray. These colors help filter light and can enhance your vision in certain settings. Yellow and red tints often help in the snow.

Shady Rays Signature Series Black Glacier (\$54) has a durable frame and shatter-resistant lenses. If they do break or you lose them, the company has replacement programs.

To keep your new shades from falling off, attach a fabric strap to the glasses' arms.



SHADY RAYS SIGNATURE SERIES BLACK GLACIER



TIFOSI SWANK

STUFF WE LIKE

Whiskware Snacking Containers

go.scoutlife.org/whiskware

THERE'S AN OLD CAMPING TRICK OF TRANSFORMING AN EMPTY TIN BOX USED FOR MINTS INTO A TINY, LIGHTWEIGHT KIT for a few first-aid, survival or fishing items.

You can use that same idea with **Whiskware Snacking Containers** (\$14), and you'll have a lot more room than what you'd get from a 1.7-ounce tin. Two of the three plastic containers have a cup's worth of volume, while the other is a one-third cup. All three stack on top of each other and interlock.

The twist-on lids stay secure, keeping your gear (or snacks for the trail) from spilling. The reusable containers also come in different colors and styles.



Ask The Gear Guy SL's Gear Guy is here to answer your questions about gear and gadgets. Find more Gear Guy questions and answers in the Outdoors & Gear section of scoutlife.org

Q: What backpack should I get to hold all my stuff?

— Shyaam, Ashburn, Virginia

A: WILL YOU BE GOING ON SHORT DAY HIKES OR WEEKLONG TREKS INTO THE WILDERNESS? The farther away from civilization you are, the more gear and clothes you'll want to take.

Backpack capacity is measured in liters. Many daypacks hold 15-30 liters, perfect for fitting all your essentials. For weekend trips, look at packs with 40-60 liters. Longer treks might call for even larger packs.

The **Gregory Focal 48** (\$220) has 44 liters of space. This includes six zippered pockets. Stuff those pockets with smaller items you access often, like a flashlight or a map. The Focal also has sleeves to hold water bottles and hydration bladders. Strap bulkier items, like a sleeping pad or tent, to the outside of the pack.

Women's versions of the same backpack fit differently. The Focal's counterpart, the Facet 45, holds 42 liters of gear, but the torso length and hipbelt are shorter. As with any pack, try it on before buying. ✨



WRESTLING FOR A WIN

Star Scout Clinches National Title

CAMERON SANCHEZ

Age: 15

Hometown: Cape Carteret, North Carolina

Scout Rank: Star Scout (Troop 446, Cape Carteret)

Made Headlines: For winning the 2022 USA Beach Wrestling National Championships in the 16-and-under 105-pound weight class.

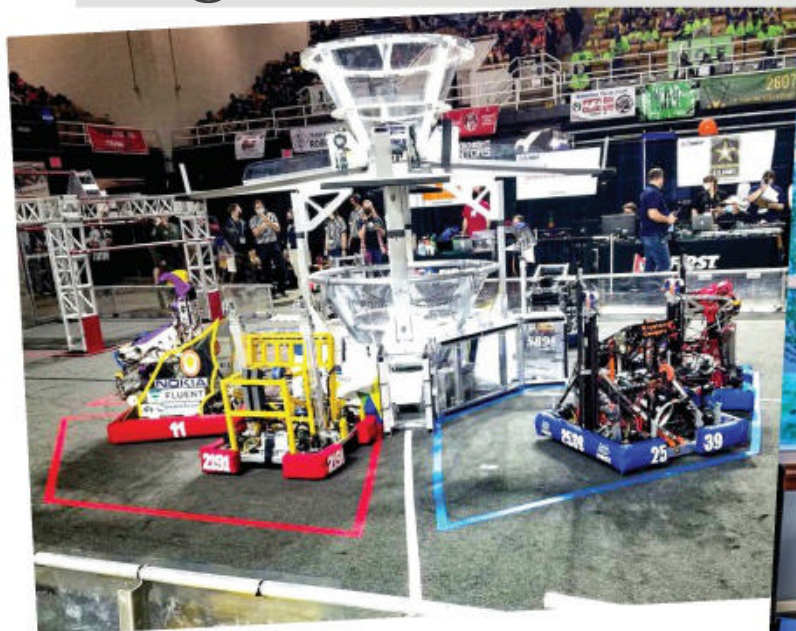
The Scoop: With his national victory, Cameron qualified to compete at the 2022 World Beach Wrestling Championships in Romania. Although this is his first year competing in beach wrestling, he has been wrestling for five years. Cameron was also named a 2022 All-Conference Athlete.



Know someone who's making headlines? Let us know! go.scoutlife.org/headliners

ROBOTICS CHAMP

Eagle Scout Wins at Worlds



WYATT PETULA

Age: 18

Hometown: Hummelstown, Pennsylvania

Scout Rank: Eagle Scout (Troop 74, Hummelstown)

Made Headlines: As a member of the team that placed second at the 2022 FIRST Robotics Competition World Championship.

The Scoop: Wyatt's team, the Krypton Cougars, competed among 453 teams in the four-day championships, where high school students play games with 125-pound robots they designed, built and programmed. FIRST (For Inspiration and Recognition of Science and Technology) provides new design challenges each year for teams to construct robots for the annual competition. There are over 3,000 teams across the world involved in the program.

TEXT: PAULA MURPHY; PHOTOGRAPHS: COURTESY OF THE FAMILIES (10); BSA FILE PHOTO; JOEL ANDREWS/THE LUFKIN DAILY NEWS

JACK DUCOTE**Age:** 18**Hometown:** San Diego, California**Scout Rank:** Eagle Scout (Troop 271, San Diego)

Made Headlines: By winning the Senior Division World War II History Prize at the 2022 National History Day Competition, sponsored by the National World War II Museum. Jack's project was entitled "Rigorous Debate, Diplomatic Failure, and America's Worst Day: The Road to Pearl Harbor." He also placed seventh in the nation in the Senior Division Individual Exhibit category.

**RYLAN BRADFELD****Age:** 17**Hometown:** Diboll, Texas**Scout Rank:** Eagle Scout (Troop 128, Diboll)

Made Headlines: For being recognized with a Youth Hero Award from the American Legion. Rylan freed and then performed first aid on a driver whose 18-wheeler had overturned. The driver was trapped inside, and Rylan used a set of tools to break the windshield to get him out.

**VICTORIA BAUMGARTNER****Age:** 8**Hometown:** Spokane, Washington**Scout Rank:** Bear Cub Scout (Pack 353, Spokane)

Made Headlines: For competing at the 2022 USA Track and Field National Junior Olympic Championships and placing sixth overall in the Womens 7-8 age group in the 1,500-meter race. Victoria also qualified to be an All-American Athlete.





shred it

On black diamonds or
the bunny slope, these
guys made the most
of their mountain time.

By Michael Freeman

Photographs by Eric Lars Bakke



Below: Keegan Bench slides down a slope on a snowboard. Right: Sergio Madrid takes on one of the advanced runs, a black diamond called "Cleanzer."



Opposite page: This wasn't Trevor Johnson's first time skiing, but he wisely went on beginner slopes during his troop's first day at Monarch Mountain to build his confidence.

a

fter spending 15 hours speeding down the slopes and rekindling his skiing skills, Nathan Kaley didn't want his troop's weekend ski trip to end. But the schedule and his body said otherwise.

"I wish school was off so we could go another day, but I was tired," the 12-year-old First Class Scout says. "If tiredness did not exist, I'd go for five more days."

Still, two days proved to be plenty of time to work on a merit badge, learn some techniques and create great memories.

CONTINUED >



Left: Liam Marth skis down a slope. Right: Keegan Bench gives snowboarding a try. No matter how many times you've gone before, always follow safe practices like wearing a helmet.



New Year, New Trip

Every year, Troop 1 of Colorado Springs, Colorado, goes skiing at Monarch Mountain. About a two-hour drive away for the guys, the ski resort in the Rocky Mountains of Colorado offers 63 runs at varying levels of difficulty. Although some of them had skied before, last January's trip would be some Scouts' first time, so everyone prepared the same.

Reading the Snow Sports merit badge pamphlet, they reviewed ski equipment, proper clothing and trail markers. Markers identify each ski slope with an assigned color: green for easy, blue for intermediate and black for difficult.

"We discussed it so you wouldn't go down a steep hill," says Paolo Madrid, 12, a First Class Scout. "Usually there's a sign next to the run."

After a couple weeks of planning, the guys headed to a lodge a few miles from the resort.

Start Off Easy

On the first day, everyone hopped on the bunny hill, a gentle incline for beginners.

"It'd been a long time since I had skied," Nathan says. "A few others and I were seeing what our ski levels still were."

The adult leaders assessed everyone's abilities — some needed to stay on easy slopes, while others were ready for hard runs. All the Scouts took to the green-level slopes first before advancing to more challenging runs.

Everyone used the buddy system, so they paired up with a friend or two for all activities. If someone fell or lost a ski, someone would be there to help. On this trip, both happened frequently.

"That's why we have the buddy system," says First Class Scout Keegan Bench, 12.

If someone were to get hurt or lost, having a buddy could prevent a serious situation from becoming worse. The system helps ensure everyone's safety.

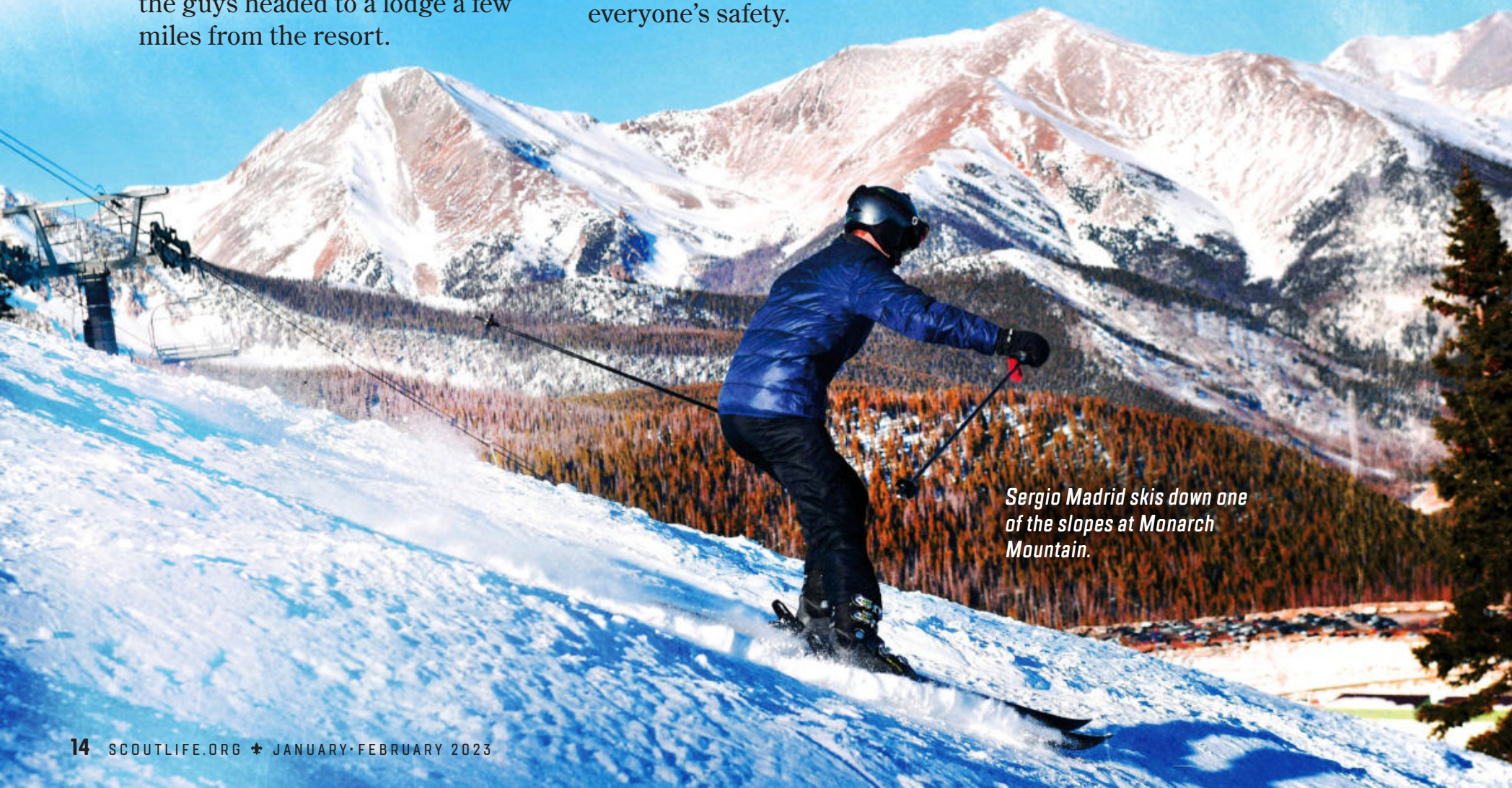
Moving Up

Keegan tried snowboarding instead of skiing. Generally, skiing is easier to learn, but as an experienced skier, Keegan wanted to try something new. And as with anything new, practice helps you get better — even on seemingly simple tasks like getting back up after you fall.

On a snowboard, you can get up by rolling over onto your stomach and pushing yourself up onto your hands and knees. This is called getting up "toeside." Standing up from a seated position is called getting up "heelside."

"I don't know how people do it heelside," Keegan says.

Again, it takes practice. To stand up that way, move your board close to your body and dig the back (heelside) edge of your board



Sergio Madrid skis down one of the slopes at Monarch Mountain.



Nathan Kaley, Nehemiah Hurtado and Paolo Madrid navigate down the hill.

into the snow. Use your hands to push yourself up. Some people find grabbing the front (toeside) edge helps them keep their balance.

After eight hours on the slopes, the troop headed back to the lodge to clean up and eat dinner.

“We made a humble Scout meal of ramen,” Nathan says.

Downhill skiing can be strenuous; you can burn a couple hundred calories within a half-hour. Eating food rich in carbohydrates can help your body recover by replenishing your muscles’ glycogen, a type of sugar that provides your body with energy.

Paolo, who lost his ramen flavor packet, says, “I ate plain noodles; it was not fun. But noodles were good enough for me.”

Let’s Go Again

Eating carbs before a workout maintains your energy. On the second day, the Scouts ate oatmeal and biscuits and gravy before tackling the mountain for seven hours.



Above: With his skis pointed inward, Nehemiah Hurtado is able to control his speed. Far right: Trevor Johnson, Max Bolton and Sergio Madrid discuss how to get to a different run.

“Everybody got on the more challenging stuff,” Nathan says. “It’s nice to feel that fast feeling while you’re going on an easy route. I did feel more comfortable with the slopes I liked, but I tried a few more blues.”

With added confidence from a day of skiing, Nathan and his buddy, Nehemiah Hurtado, advanced to the intermediate slopes. The knowledge from the Snow Sports merit badge also helped, especially in practicing turns and stops.

“I think it was beneficial since I liked the skiing so much,” says Nehemiah, 11.

“It’s a great idea to try the merit badge,” Keegan says. “It was a great addition to the trip.” ❄️



Trevor Johnson serves a hearty breakfast of biscuits and gravy.

Mountain Tips

Try these tips shared from Troop 1 to help your ski trip go smoothly:

- Purchase your lift tickets and ski gear before going. You can usually find better deals this way; plus, you won’t have to wait in line at the resort.
- When you take a break, place your gloves inside your helmet so you don’t misplace them.
- Keep any loose items in zippered pockets so you don’t lose them while skiing.
- Carry a small backpack containing your outdoor Scout Essentials, including water. Stay hydrated; skiing can be a workout.

Showing Their Colors

Ski slopes are rated based on their steepness. A 45-degree angle equals a 100% grade.

Green circle: Easy. Slopes are groomed and wide. The slope grades are less than 25%.

Blue square: Intermediate. Slopes are groomed but steeper. Slope grades go from 25% to 40%.

Black diamond: Advanced. Slopes could be groomed or not. Grades are 40% or more.

Double black diamond: Expert. Narrow slopes can have drop-offs and obstacles like trees. Grades are 40% or more and often include backcountry routes.



SLIDING & TREKKING

Not only are sleds fun, but they're also a great way to carry gear in winter.

Sledging is a super-fun winter activity, but you can do more with your sled than race downhill. Some sleds can make winter backpacking easier by helping haul your gear.

POLAR EXPLORER ERIC LARSEN, WHO HAS TREKKED TO THE NORTH POLE MANY TIMES, SAYS CARRYING GEAR IN A SLED OR “PULK” IS MORE EFFICIENT THAN CARRYING GEAR ON YOUR BACK.

“NOT ONLY DO YOU NOT GET AS SWEATY WHEN YOU’RE PULLING YOUR GEAR INSTEAD OF CARRYING IT,” LARSEN TELLS SL, “BUT IT’S EASIER TO MANAGE MOISTURE AND ADJUST LAYERS.”



MAKE A PULK

IT’S EASY TO MAKE ANY TOBOGGAN-STYLE PLASTIC SLED PART OF YOUR WINTER CAMPING KIT. START WITH AN

INEXPENSIVE PLASTIC SLED. Drill holes (or ask a parent for help drilling holes) in the front rim so you can attach a rope on either side of the front of the sled. Reinforce the holes with metal hardware for durability.



THEN SET UP YOUR TOW ROPES. Thread a rope through the holes on each side of the front rim of the sled. If you’ll be traveling on uneven terrain, thread your ropes through a section of narrow PVC pipe — one piece of pipe per side. The PVC pipe helps give you the best control. Finally, tie the end of each piece of rope to a carabiner. You can clip those carabiners to the waistbelt of your pack when you’re ready to tow the sled.



FOR ADDED CONTROL, CROSS YOUR ROPES WHEN YOU ATTACH THEM TO YOUR PACK. Make sure the ropes are long enough so you’re not kicking the sled with your skis or snowshoes. Larsen likes to make his sled ropes long enough so he can walk back to the sled without detaching it from his pack. He uses butterfly knots to make the rope sections longer or shorter. To learn how to tie this knot, visit

go.scoutlife.org/butterflyknot

Larsen also recommends that you don’t tie your sled to the back of your pack: “Make a bridle, and clip your sled rope carabiners near your hips where your pack’s load lifters come in so that you’re pulling with your center of gravity.”



CONTINUED >

PACKING YOUR SLED

SLEDDING WITH YOUR GEAR IS LESS STRENUOUS THAN CARRYING IT,

but it's still possible to overdo it. Make good choices about what to bring, especially since you're also weighed down with extra clothing to stay warm.

When packing your sled, distribute the weight to keep the sled stable and balanced. Put the heaviest gear on the bottom and toward the back. Put your lightest gear in the front. Larsen likes to keep extra mitts, goggles, an extra layer of clothes, water and snacks in a small bag at the front of the sled so he can get to them easily.

If you have access to a waterproof duffel, pack your gear in that. If not, pack your gear in heavy-duty contractor bags inside any duffel bag. Keep any gear you want to be able to access during the day in a daypack or small duffel, and secure both bags to the sled. Once your sled is loaded, wrap a tarp over your duffels to protect everything from the weather. Lace bungees or cord across the sled to secure your gear.

When you get to camp, you can use the tarp on the snow-covered ground to keep everything dry when you're unloading. And when you're on the trail, you can use your loaded sled as a chair when you take a break. If you have on skis, you can unclip yourself from your sled and back up — with a ski on either side of the sled — so you won't have to take off your skis to take a rest. If you opt not to use PVC pipe, like Larsen, you won't need to unclip.

For more info on winter sports safety, visit go.scoutlife.org/wintersports



COURTESY OF ERIC LARSEN (3); MICHAEL ROYTEK (2)



THE SLEDS

STRAP A SUPERIO ROUND SNOW SLED (\$20) to the outside of your pack, and when you get to an open hill, slip it off and hop on for a ride. The sled measures 24 inches across and is made with heavy-duty plastic. It also has hand grips on either side so you can hold on as you zip downhill. Superio also makes another round sled with elevated handles for \$26.

! SAFE SLEDDING

When you go sledding, make sure the hill is safe and free of obstacles like rocks and trees. Even if the hill doesn't have any obstacles, still wear a helmet. Have two separate paths: one for sledding down and one for walking back up.

TO TOW YOUR GEAR, YOU'LL NEED A TOBOGGAN-STYLE SLED like the **ERA GROUP EXPEDITION PRO UTILITY SLED** (\$70).

This sled is designed for pulling gear, not for sliding. Its heavy-duty polyethylene plastic weighs just 5 pounds and comes with reinforced grommets. At 5 feet long and almost 2 feet across, you should be able to pack a lot of gear.

A CHEAPER SLED CAN WORK JUST AS WELL, like the **FROST RUSH LARGE TOBOGGAN SLED** (\$30).

It comes with predrilled holes for tow ropes and cutout handles that can be used to tie down gear. It has a slick bottom to help you glide across the snow as you ride on it.

“When it comes to backpacking sleds, the inexpensive solution is actually the best solution,” Larsen says. “A cheap sled will be light, easy to use and also fun when you get to camp.” ❄️

All prices are MSRP – manufacturer's suggested retail price. You can often find better deals in stores or online.

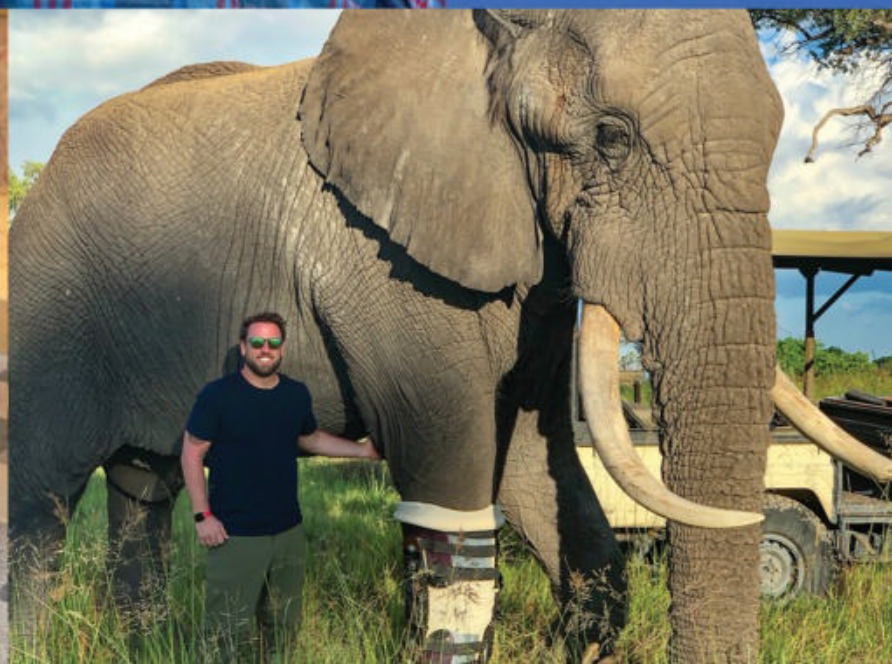




*Derrick Campana
and his traveling
buddy, Henry.*

WIZARD OF PAWS

By Joel Poiley





Campana made the first-ever elephant knee brace for Mae Mai. After gaining her trust, Campana locked on the brace and she was able to walk comfortably and faster. Mae Mai celebrated by walking into the river and taking a mud bath, which she had never done before.

DERRICK CAMPANA HELPS INJURED ANIMALS HAVE A BETTER LIFE.

BIONICPETS (3), BYUTV (5)



Pearl lost a leg and wears a full prosthetic, which lets her distribute her weight evenly and move more easily.



WHEN DERRICK CAMPANA IS FITTING AN ANIMAL FOR A PROSTHESIS (an artificial body part), usually the animal can sense he is trying to help them. But once he was trying to fit a 2,000-pound camel with braces to support its front legs, and the camel would not cooperate.

“I’d never worked with a camel before,” says Campana, an animal prosthetics practitioner. “Just his sheer size, strength, his personality ... he was kicking and moving a lot, so you could tell he was scared and didn’t know he was being helped. It took three days to cast him and a couple days just to fit him with the devices.”

CONTINUED >

From Humans to Animals

Campana has helped more than 35,000 animals by fitting them with artificial limbs and braces. He started out helping people.

He graduated from Pennsylvania State University with a degree in kinesiology and biomechanics, which is the study of human movement and how exercises and equipment can improve motion. He then studied how to make human prosthetics at Northwestern University's medical school.

Campana made the transition to animals when a veterinarian brought her Labrador retriever to his office 21 years ago and asked him to build a prosthesis for the dog.

"I looked at her kind of funny, because I never saw a dog with a prosthesis," he says. "But I really enjoyed helping the dog and got a lot of satisfaction from it."

Becoming the Wizard

Campana built his business, Bionic Pets, in Sterling, Virginia, through referrals and going to veterinarian conventions. Two years ago, he was approached by BYUtv. They

were looking for original content for a reality TV show. That's how Campana became "The Wizard of Paws," traveling the world with his trusty dog, Henry, helping animals from tiny chihuahuas to 6-ton elephants.

"When I worked with people, they can be picky and they're worried about appearances," Campana says. "With animals, it either works or it doesn't. And when it works, you see that freedom, joy and happiness in the animal. But not just the animal — you're helping the whole family and everyone who works with the animal."



Bert's connective tissue disorder made walking very difficult. This was the first time Campana built braces for a pig needing them for all four legs. Bert gets around just fine now.

Roxy the Rottweiler

One of the animals Campana helped was Roxy the Rottweiler, who is owned by Brenton Sutton. When Sutton's house was broken into six years ago, Roxy was shot in the chest and both legs. But Roxy proved to be the hero. While she distracted the robbers, one of the four people in the house escaped and called the police, who caught the criminals.

Roxy's right front leg had to be amputated (surgically removed). Campana fit her with a prosthetic leg brace that enabled her to walk and run freely.



Roxy



Campana grinds plastic for a rear limb prosthesis for a dog missing a paw.

“Derrick took Roxy in like she was his own,” Sutton says. “He was so kind and gentle. And the same day he fit her, after a couple adjustments, she was walking and running like nothing happened.”

Casting, Building, Fitting

To cast a patient properly for a prosthetic or brace, Campana needs to learn about their muscular and bone structure.

“People are pretty much the same size and shape,” he says. “But when you’re talking about going from elephants to camels to birds to guinea pigs, there are huge differences in size, weight and anatomy (body type), as well as different materials you have to use. That’s why it’s so challenging and why there are so few of us in the world doing this.”

To make the molds, Campana grinds the plastic. Big ovens melt the plastics that go around the mold. A vacuum station helps form the materials that go around the mold, and Campana also uses special cutting tools and carbon fibers.

“It’s like an assembly line,” he says.

At his office, he casts the animals, builds the devices, fits the animals with the devices and makes sure everything works properly. When he visits patients, Campana travels in a large trailer that doubles as his workshop. He has all the tools to do what he does at his office.

He says the best part about his job is seeing how people treat their pets like family members and do everything they can to help them.

“A lot of times I’m their last hope,” Campana says. “So if I can get their dog moving again and extend their life, it’s an incredible feeling.” 🌟



Lightning was born with deformities in his front legs. With leg braces, he quickly learned how to walk, run and play.



THE WIZARD OF PAWS

JOB FACTS:

ANIMAL PROSTHETICS PRACTITIONER

WHAT TO EXPECT: Animal prosthetics practitioners assess a patient’s mobility and then design and develop a prosthesis or brace to custom fit the animal, improving mobility and quality of life.

JOB OUTLOOK: Since the creation and fitting of animal prosthetics and braces is a growing industry that didn’t exist 20 years ago, job opportunities should be on the rise.

EDUCATION AND EXPERIENCE: There is no specific college degree for this job. Campana earned an undergraduate degree in kinesiology and biomechanics and a master’s degree in orthotics and prosthetics. Some animal prosthetists are veterinarians.

FOR MORE INFO: See Derrick Campana working with a variety of animals on his BYUtv show, *The Wizard of Paws*. All seasons are available at byutv.org

go.scoutlife.org/wizardofpaws

go.scoutlife.org/bionicpets

go.scoutlife.org/animalprosthesis

go.scoutlife.org/prosthetics



SCOUTING AROUND

go.scoutlife.org/scoutingaround



HANDBOOK HELP

Let's Go Dutch

You can prepare meals at camp a few different ways: by camp stove, open fire, charcoal grill, solar oven or Dutch oven.

Dutch ovens are heavy cast-iron pots that make baking outdoors easy. You can also steam, fry, sauté or boil food in them. Some Dutch ovens are made with aluminum, which makes them a lot lighter. The design of both is the same: a round pot with legs and a rimmed lid to hold hot coals.

This design lets you evenly cook by placing coals above and below the oven. You can adjust the temperature by adding or removing coals. For example, if you want to bake something at 350 degrees and you have a 12-inch Dutch oven, you put 17 coals on top and eight underneath. To bump up the temperature to 400, 19 coals go on top and 10 go under.

Dutch ovens come in different sizes. Use them on the ground on durable, fireproof material, like rock, gravel or dirt. Always have a bucket of water handy to douse any wayward flames or extinguish coals when you're done cooking.

Find Dutch oven recipes, from pizza to pineapple upside-down cake, by visiting go.scoutlife.org/dutchoven

To learn how to set other temperatures, check the conversion chart at go.scoutlife.org/cookingchart



FIELDBOOK FACTS

How to Handle Hypothermia

Hypothermia sets in when you lose more heat than your body can generate. This dangerous condition happens when you're exposed to the cold. Temperatures don't have to drop below freezing, though. Hypothermia can occur on any windy, chilly day, especially if you're wearing wet clothes.

Dehydration, the weather, hunger and exhaustion can all contribute to body heat loss. If not treated, hypothermia could lead to organ failure and eventually a coma.

Look for early warning signs like shivering, confusion, stumbling and exhaustion. Get the

person into a building or tent and have them change into warm, dry clothes. Keep their head and neck insulated and get them into a dry sleeping bag or use blankets to gradually warm them up. Don't apply direct heat like a heating pad. Be sure to help them change their socks if theirs are wet.

If they're able to eat or drink, offer them food or warm drinks that have sugar or simple carbohydrates, which help generate heat.

Monitor them closely and get emergency aid. Watch others in the group to make sure they're not developing symptoms, too.





SCOUT OUTINGS

Culinary Legend Judges Scouts' Dishes

When you make a meal at camp, your critics are your fellow Scouts — or maybe an adult leader or two who take a bite. For the Scouts competing in ConnJam's Iron Scout Culinary Challenge, one of the most famous chefs in America tried their food.

Last May, more than 2,000 Scouts met at a fairground in Orange, Connecticut, to camp and play at ConnJam, a camporee hosted by the Connecticut Yankee Council.

Eleven teams of three Scouts each competed in the cooking challenge. They were given a basket of mystery ingredients, which included chicken thighs, duck bratwurst, onions, peppers, oranges, rice, mandarin seltzer and raspberry jam.

The teams had to create three plates within one hour, and judges rewarded points based on taste, appearance and creativity. One of the judges was Jacques Pépin, a French chef and host of cooking shows on public television. He watched the Scouts prepare their plates and shared his culinary expertise as they cooked.

"They did very well," he posted on social media after the event.



SAFETY

Safety Starts With Preparedness

SCOUT PROGRAM

Prevention plays a big part in staying safe.

Every day, hundreds of youth in this country are hospitalized from poisoning. Curious little kids sometimes try to eat or drink substances they shouldn't, like medication or cleaning supplies, just because they're within reach. Talk with your parent or guardian about keeping potentially dangerous substances stored in a safe location. Your local poison center can also help with tips to stay safe. Visit go.scoutlife.org/poisonhelp to find one close to you.

The same goes with firearms. Family guns should be secured and inaccessible to those who shouldn't use them. Ammunition should be secured separately from the guns.

Smoke and carbon monoxide detectors can prevent disasters by alerting people in the house of a potentially dangerous situation. These alarms should be tested monthly — and batteries replaced at least every six months — to ensure they're working properly.

Distracted driving is a leading cause of deaths and accidents. Phones, music, food or even conversations can all take the driver's focus away from the road. If you're behind the wheel, concentrate on driving, and if you're a passenger, help prevent an accident by being respectful of the driver.

ENGINEERING

Building Our World

From the lights in your home to the family car's engine, engineers study answers to problems. How can that lightbulb last longer? How can cars be more fuel efficient?

Engineering touches practically every aspect of our lives, but most disciplines can be categorized into four major branches:

- **Chemical** — the study of chemicals and the process of creating new materials and compounds.
- **Mechanical** — the study of designing mechanical systems.
- **Civil** — the study of designing and constructing public and private works.
- **Electrical** — the study of designing electrical systems and components.

By studying these fields, engineers can design solutions. Cars, for example, used to travel only about 10 miles per gallon of gasoline in the 1950s and '60s. Thanks to advances in engineering, today most vehicles go two to three times as far on the same amount of fuel, and hybrid models can go up to five times as far.

See online versions of *Scouts BSA Program Features for Troops and Crews*, Vols. 1, 2, and 3 at go.scoutlife.org/programfeatures, or buy copies at go.scoutlife.org/scoutshop. Scouts whose troops choose the suggested program themes for January and February can learn more in the merit badge pamphlets Emergency Preparedness, Safety, Engineering and Architecture.



Some Ideas For Your Next Merit Badge Adventure

Snow Sports

You can choose from four activities when earning the Snow Sports merit badge.

CROSS-COUNTRY SKIING Also called Nordic skiing, cross-country skiing uses a binding in which the heel is not fixed to the ski, so the back part of your foot can be lifted up and down — much like when you walk — as you push forward through the snow. Cross-country skiers aren't always going downhill, so they must create their own forward movement using an efficient whole-body motion.



DOWNHILL SKIING Also called Alpine skiing, downhill skiing commonly uses fixed-heel bindings, which means the bottom of your foot stays flush with the ski the whole time. Most downhill skiing is also, um, downhill, which means your focus is on turning and controlling your momentum.

SNOWBOARDING Snowboarders descend a snow-covered slope with both feet bound to a board similar to a skateboard. They might not generate the same speed as downhill skiers, but there are more opportunities for stunts.

SNOWSHOEING While winter boots will sink into the snow, snowshoes keep you on top of the snow by spreading out your weight over a larger area. Slower-paced than even cross-country skiing, snowshoeing is really more like hiking than skiing. Turning, ascending and descending techniques are easy to master with just a little practice.



Nature

CIRCLE OF LIFE A food chain is a good way to illustrate the way larger animals depend on smaller animals, which depend on even smaller animals – and so on, until you get down to the plants and the soil.

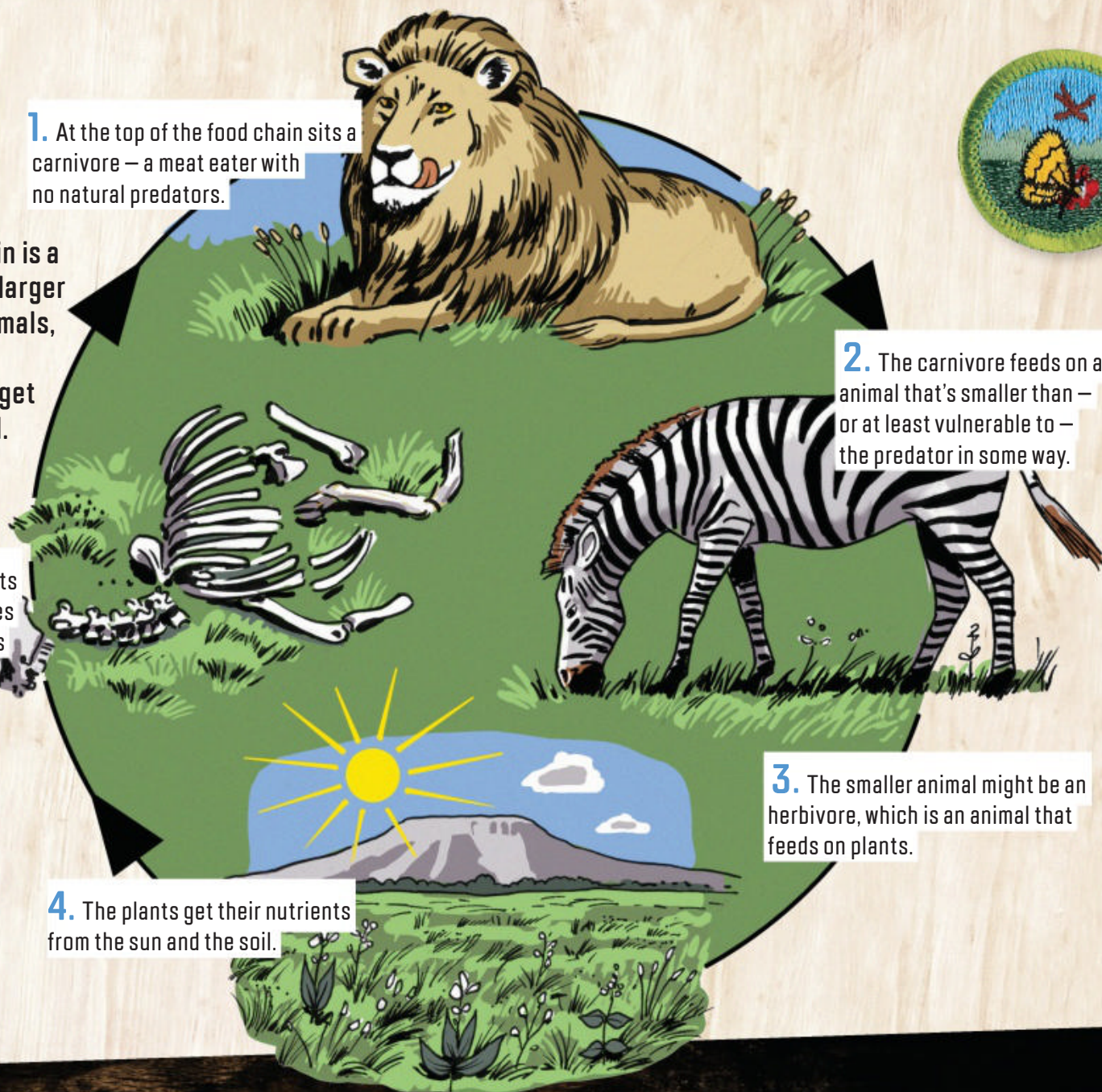
1. At the top of the food chain sits a carnivore – a meat eater with no natural predators.

2. The carnivore feeds on an animal that's smaller than – or at least vulnerable to – the predator in some way.

5. The soil is rich in nutrients that come from the carcasses of dead animals, like perhaps the prey from Step 2.

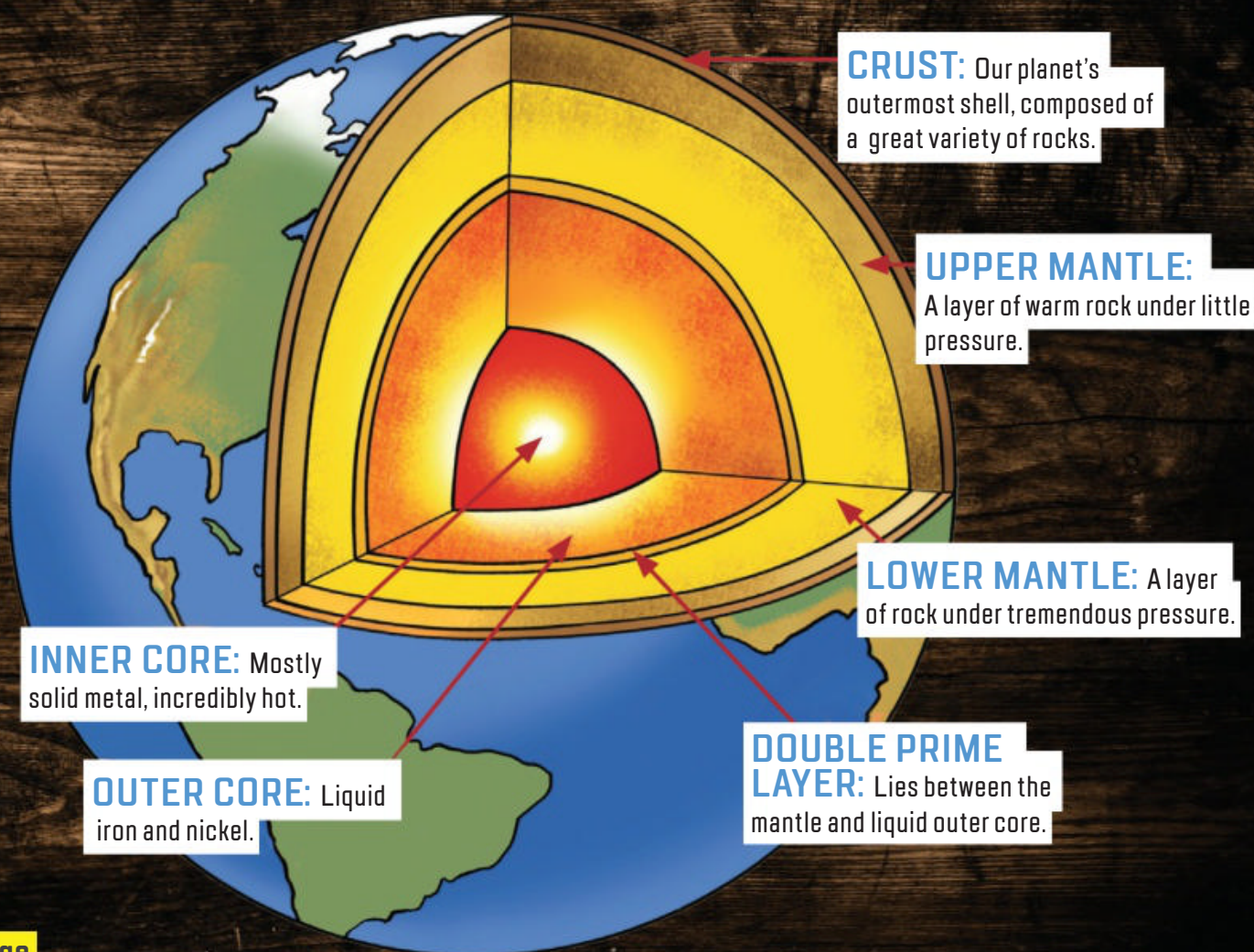
4. The plants get their nutrients from the sun and the soil.

3. The smaller animal might be an herbivore, which is an animal that feeds on plants.



Geology

Geology is the study of the Earth and, more specifically, everything that lies below the surface.



go.scoutlife.org/meritbadge



Let's Warm Up!

1 THERE'S NOTHING BETTER THAN MARSHMALLOWS IN YOUR COCOA! CAN YOU USE THESE LETTERS TO SOLVE THE PUZZLE ON THE MUG BELOW?

2 MORTY MOUSE IS IN FOR A TREAT! CAN YOU UNSCRAMBLE THE LAST TWO WORDS IN HIS POEM?

IS THIS FOR REAL?
AM I IN A DREAM?
THE ONLY THING MISSING
IS A DAB OF
PHIPDEW MARCE!

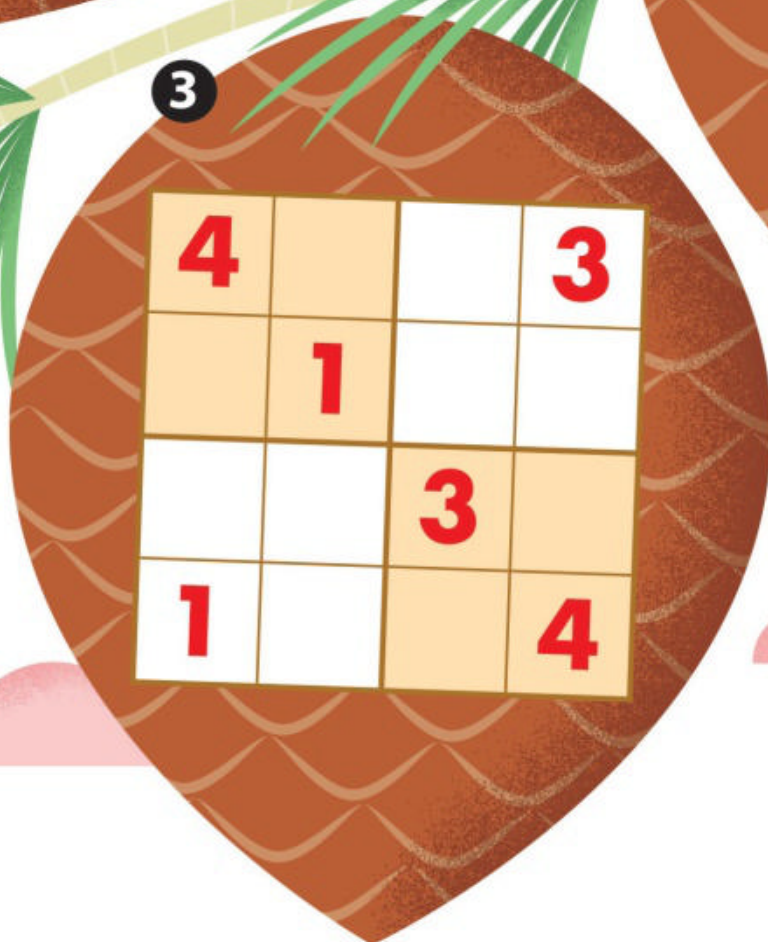
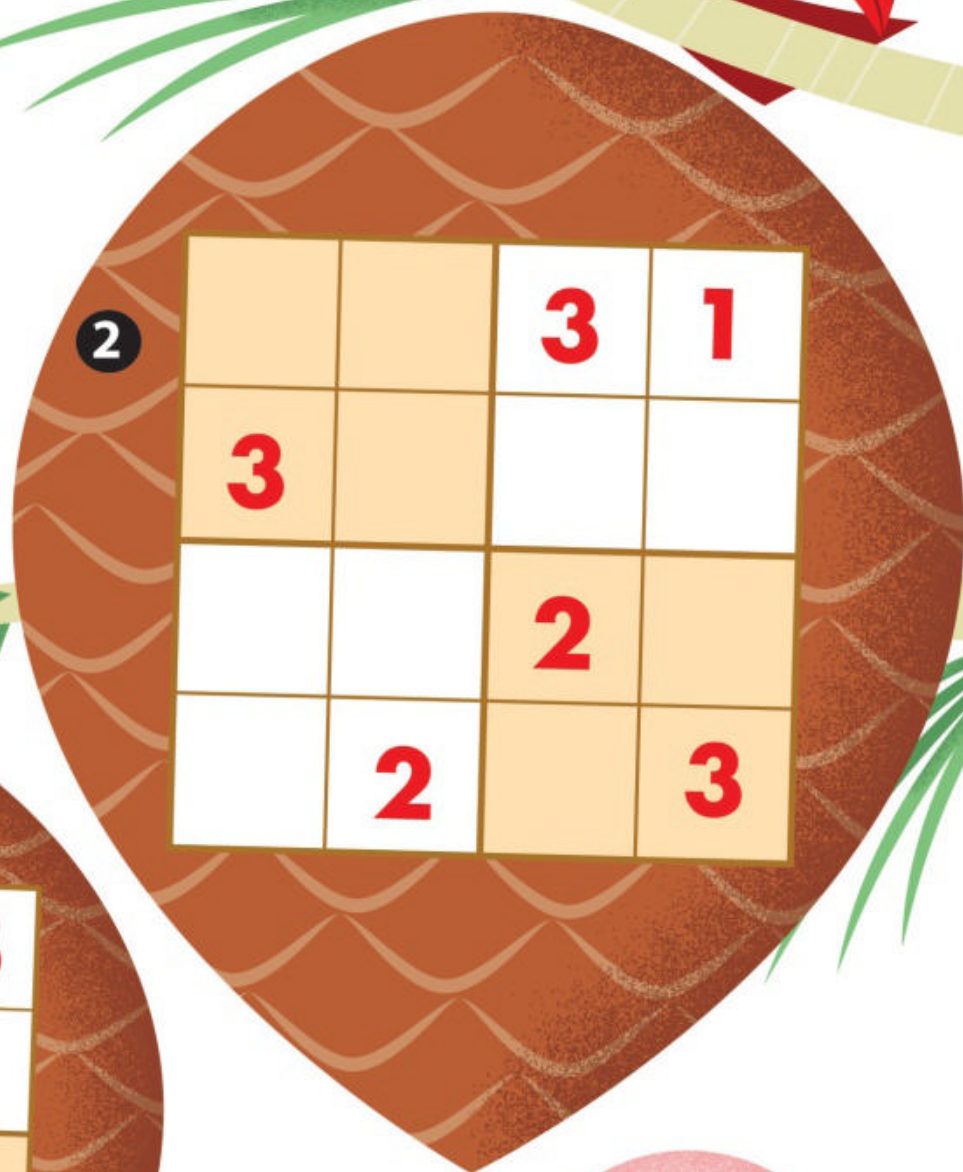
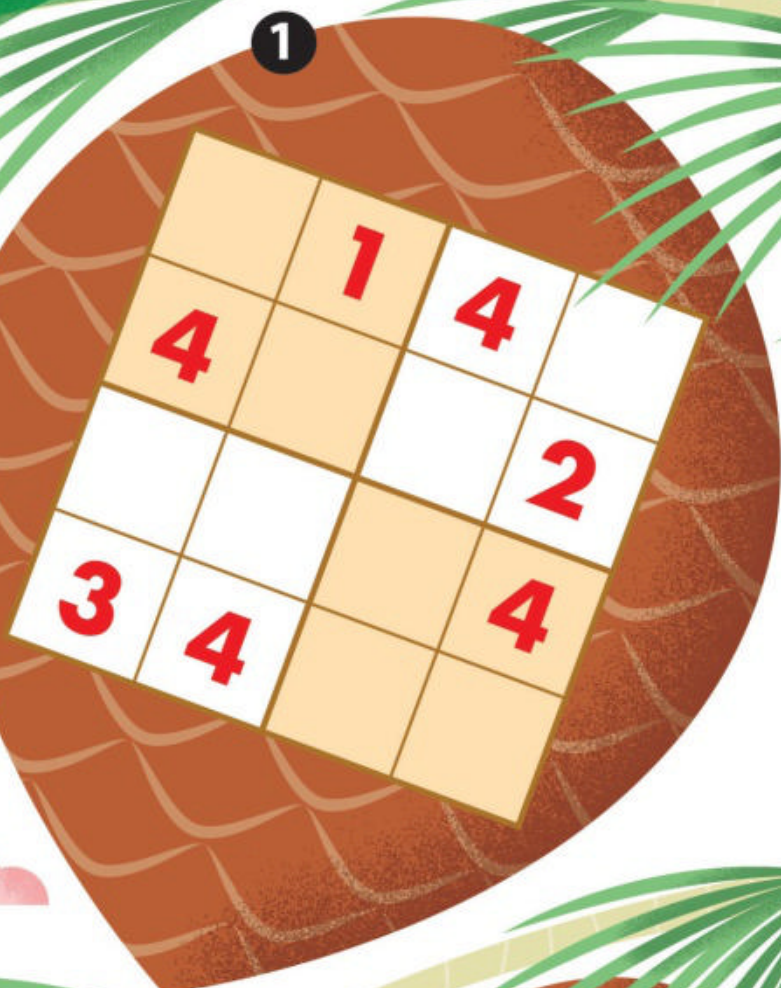
3 DON'T LET MORTY'S SIZE FOOL YOU—HE CAN REALLY PUT AWAY THE SNACKS! IN FACT, HE CAN EAT 3 COOKIES A MINUTE! HE HAS ONLY 6 MINUTES BEFORE THE CAT COMES BACK. HOW MANY COOKIES WILL HE BE ABLE TO EAT?



1 ICE SKATING 2 WHIPPED CREAM 3 18 COOKIES

Sudococones

CAN YOU FILL IN THE MISSING NUMBERS? EACH 2X2 SQUARE HAS THE NUMBERS **1** THROUGH **4**, AND EACH ROW DOES, TOO! IN EACH COLUMN, THE NUMBERS DO NOT REPEAT.



4	2	3	1
2	4	3	1
3	1	4	2
4	2	1	3

4	2	1	3
1	3	2	4
3	1	4	2
2	4	3	1

3	4	2	1
1	2	3	4
4	3	1	2
2	1	4	3



PENGUIN PUZZLER!

1 CAN YOU UNSCRAMBLE THIS ICY SCRAMBLER? THE LETTERS ON THE ICE BLOCKS GO IN THE FIRST WORD ON THE SIGN AND THE LETTERS IN THE HOLES GO IN THE BOTTOM WORD!

BEWARE!

2 PSSST! HOW DO THEY MAKE THESE ICE BLOCKS STICK TOGETHER?

3 WOW! THERE SURE ARE A LOT OF BEAKS TO FEED ACROSS THE ICE FLOE! STAY IN THE GROOVE AND SEE IF YOU CAN GET PACO ACROSS WITH HIS BUCKET OF YUMMY FISH!

4 WANT TO MAKE SOME NEW FRIENDS? FOLLOW THE DIRECTIONS BELOW TO CREATE A WHOLE COLONY OF PENGUINS!

START WITH A TRIANGULAR PIECE OF PAPER LIKE THIS.

FOLD ALONG THE DOTTED LINES IN THE DIRECTION OF THE ARROWS.

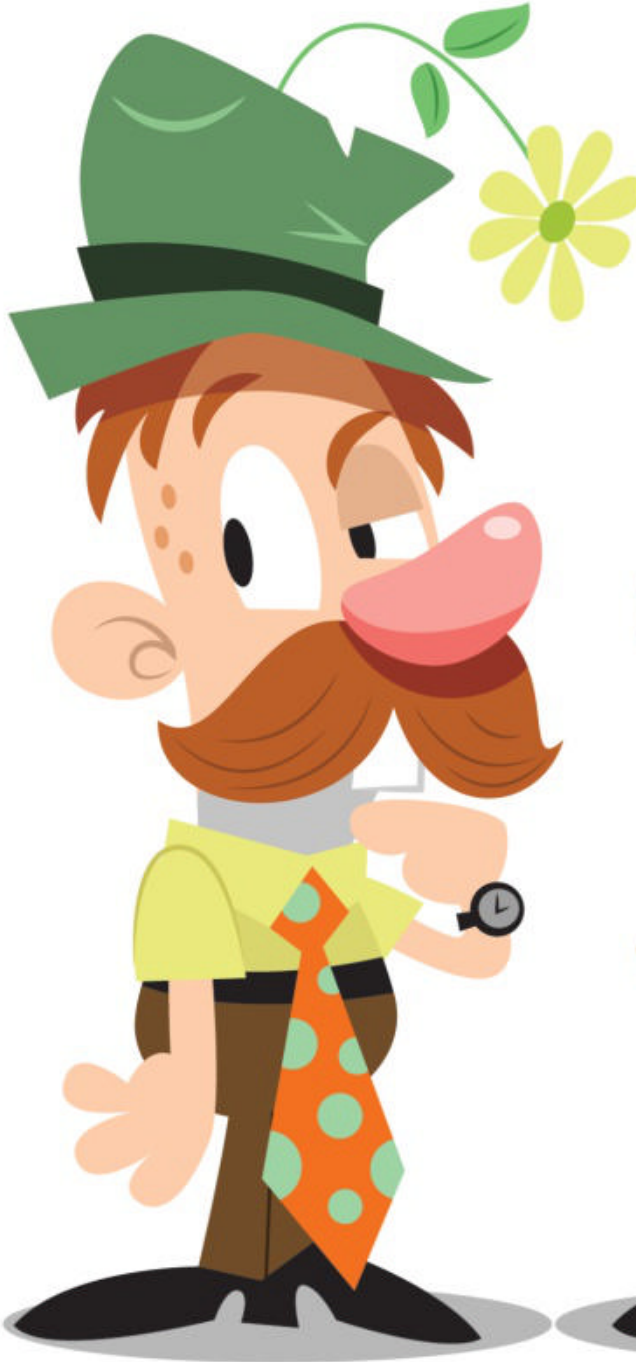
FOLD AND FLATTEN UNTIL YOUR PAPER LOOKS LIKE THIS! THEN GET YOUR MARKERS OUT AND DRESS UP THE FIGURES WITH BLACK WINGS, BLACK HEADS AND ORANGE BEAKS!

WHEN'S DINNER? I WORE MY BEST SUIT!

DETECTIVE TROUBLE!



A



B



C

1

DETECTIVES **PHIL**, **BILL** AND **WILL** ARE SO GOOD AT DISGUISES, THEY CAN'T REMEMBER WHO THEY REALLY ARE! WITH THE CLUES BELOW, SORT IT OUT. (FOR MORE CLUES, LOOK IN THE LOWER RIGHT CORNER.)



BILL DOES NOT HAVE A FLOWER.



BILL DOES NOT HAVE A RED CAP.



PHIL ALWAYS WEARS A WATCH.

2 FILL IN THE BLANKS WITH THESE DETECTIVE WORDS!

CASE

DETECTIVE

CLUE

DISGUISE

CODE

SLEUTH

SECRET



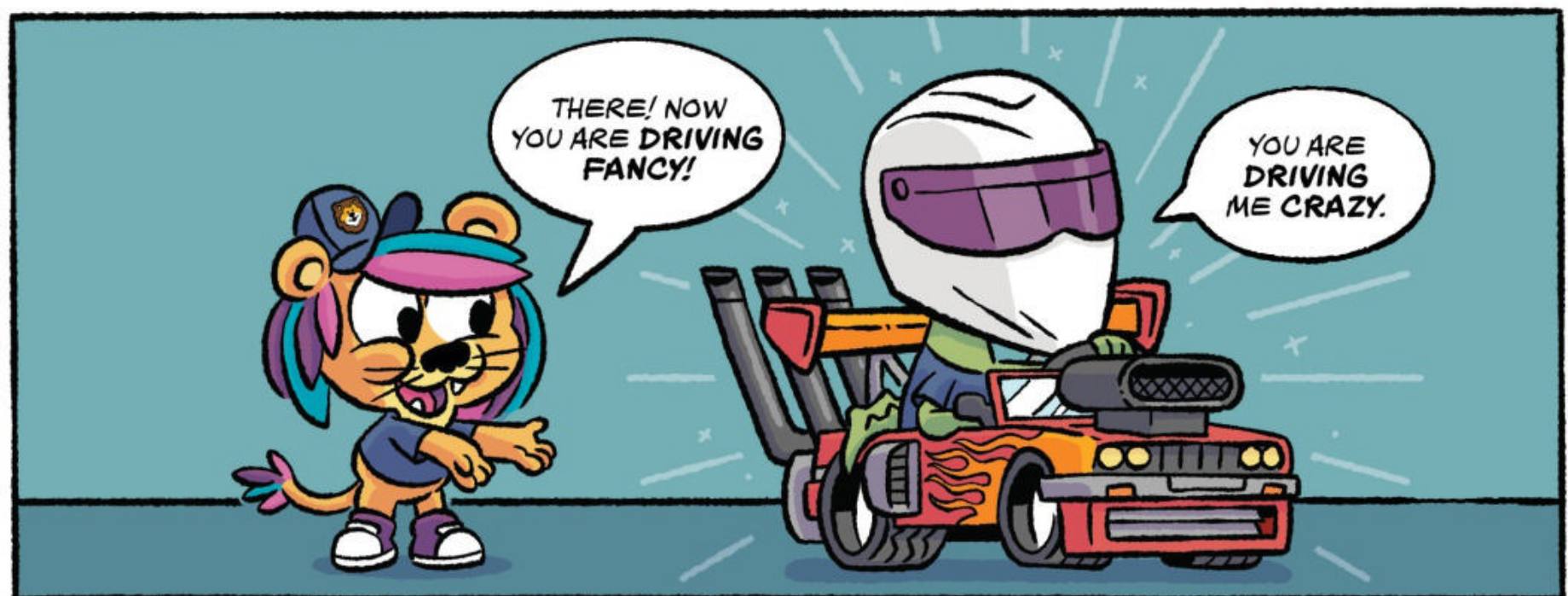
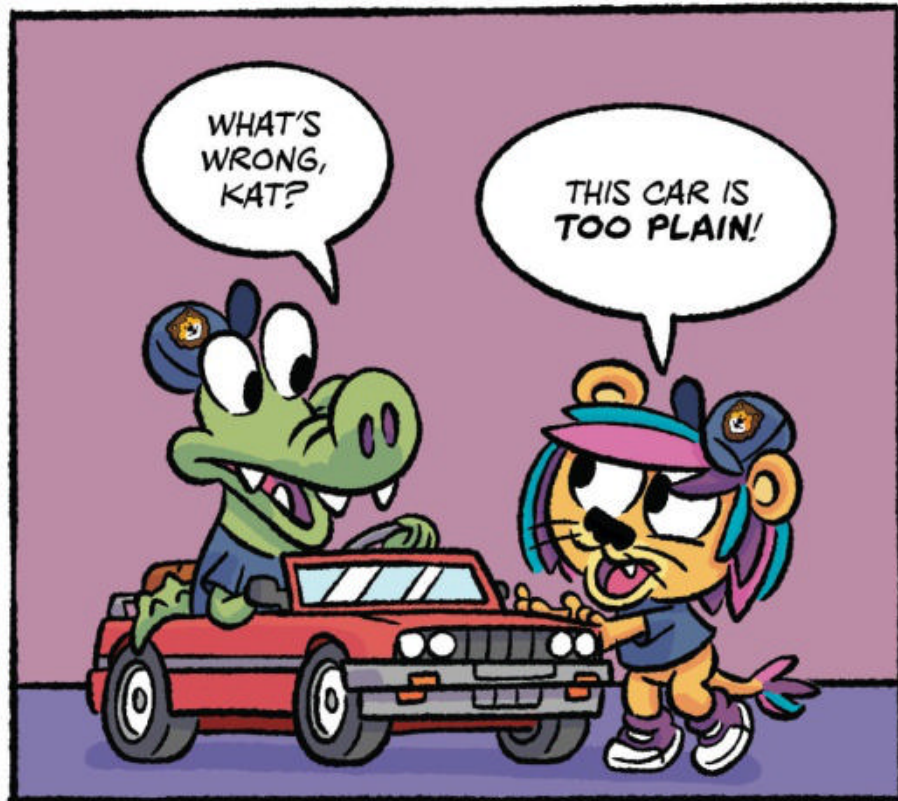
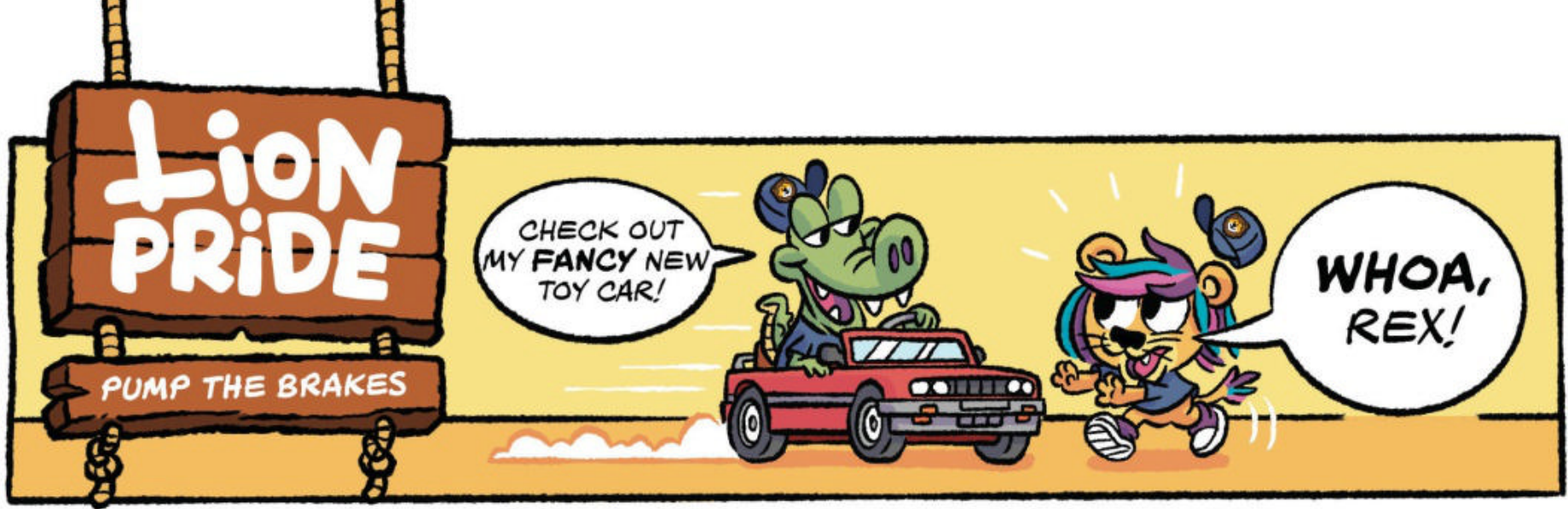
D

C

H



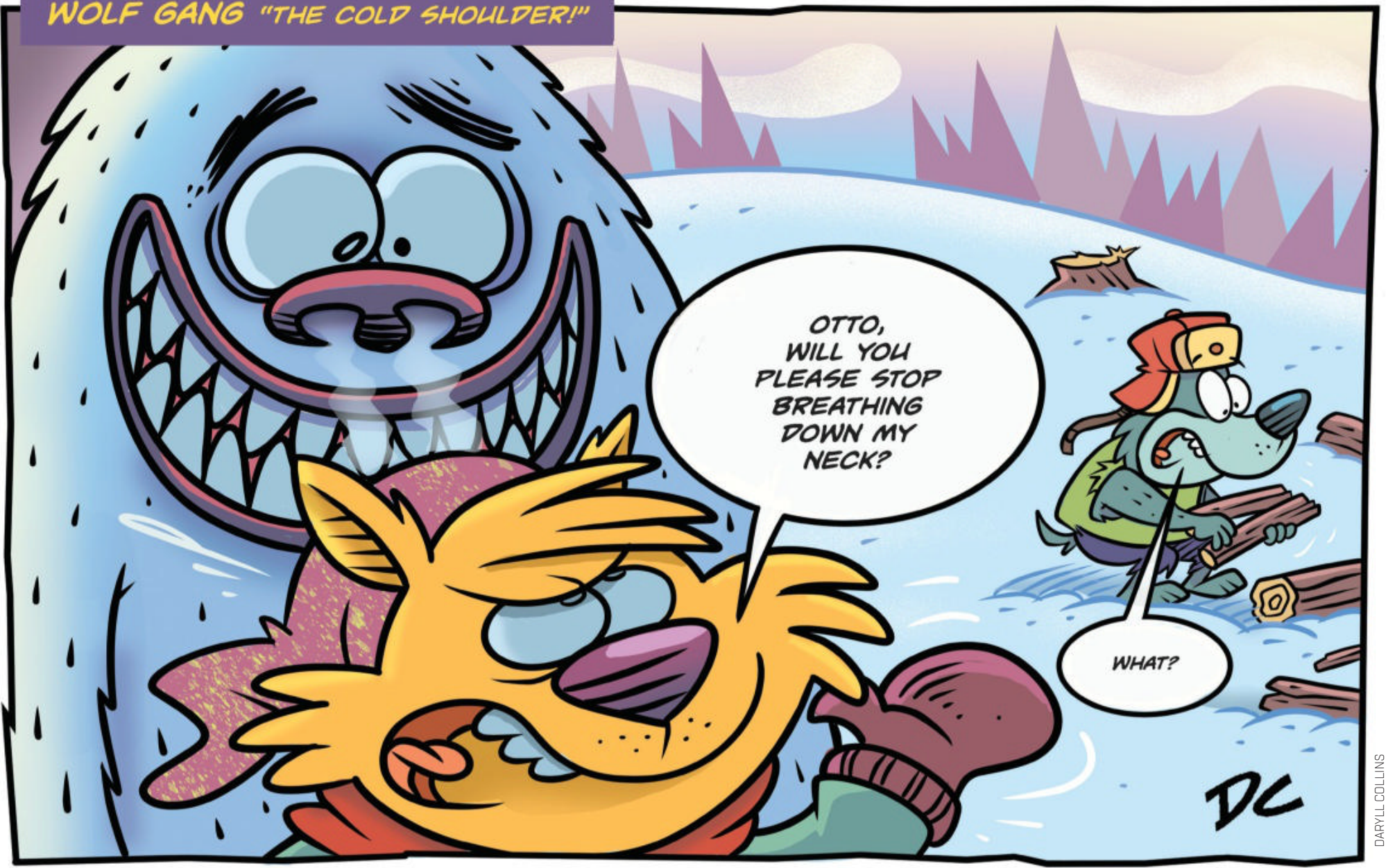
WILL HAS A MUSTACHE.
PHIL HAS AN ODD NUMBER OF FRECKLES.



WOW! REALLY
COOL SNOWMAN,
IGGY!

TH-TH-THANKS.

JUST WISH HE DIDN'T
HAVE TO BORROW ALL
M-M-MY STUFF!



DARYLL COLLINS

THE BEAR BUNCH



SCOTT NICKEL

WE'LL BE LOYAL Scouts

Well, gang, the Webelos have been asked to bring dessert to the Blue and Gold Banquet! So how about we make **CAMPFIRE CUPCAKES?** What's that?



OK, you start with a regular cupcake topped with chocolate frosting.



...Then you add pretzel sticks for wood.



...Next put on Candy Corn for the fire.



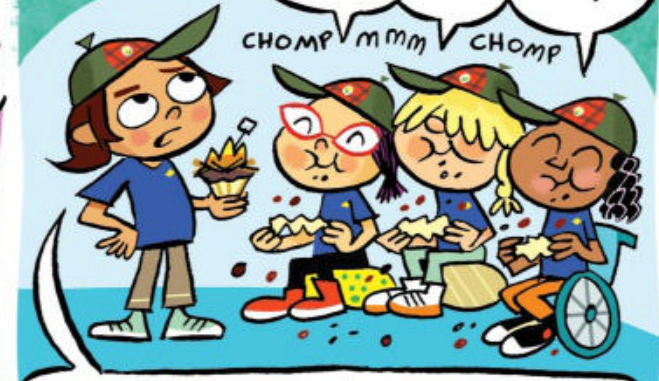
...And last, add a mini marshmallow on a toothpick!



...So, what do you think? Should we try it?



Burp! Burp! Burp!



I'll take that as a yes!

Arrowheads

JAYDEN, I'M GOING TO BE THE WORLD CHAMPION SCOUT.

THAT'S NOT A THING, BUT OK.



IF I DIDN'T EAT OR SLEEP OR GO ONLINE OR GO TO SCHOOL, COULD I MAKE EAGLE SCOUT BY NEXT WEEK?

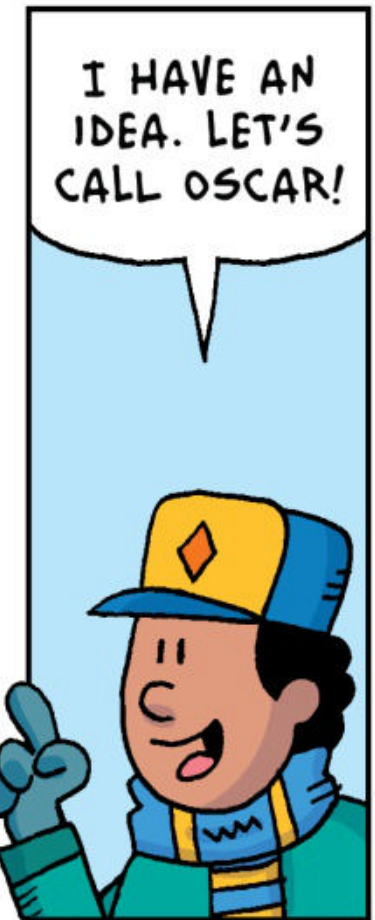
NO. IT'S PHYSICALLY, EMOTIONALLY AND LOGISTICALLY IMPOSSIBLE, AND IT'S BONKERS TO EVEN CONSIDER IT.

Oh.

WEEK AND A HALF?

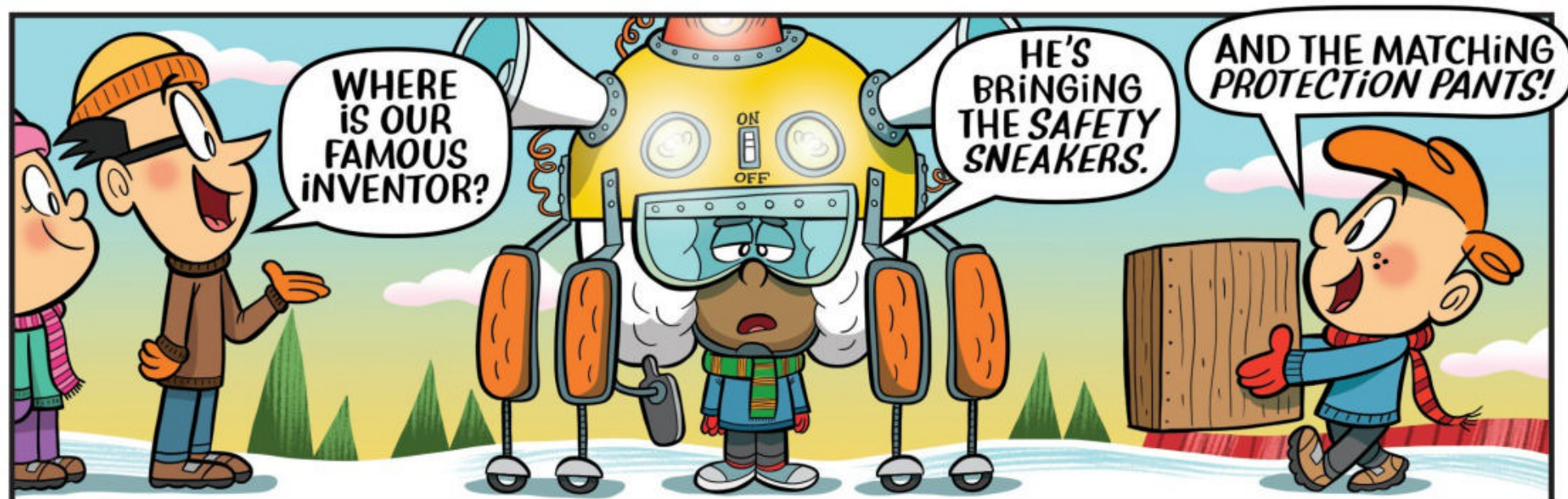
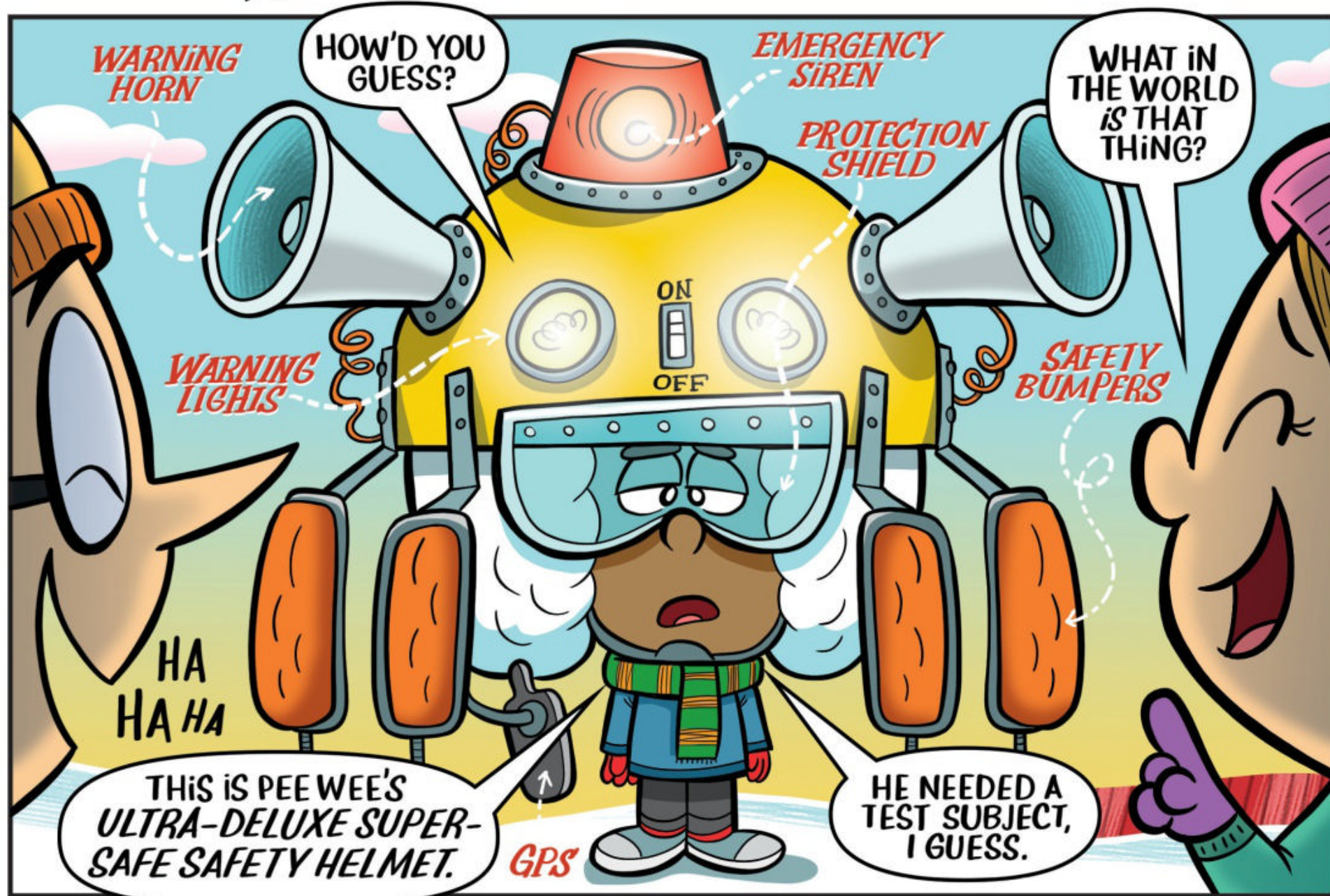


Dink, Duff & Dezi



PEE WEE HARRIS

LOOKS AT SAFETY



The Wacky Adventures® Scout Life

OK, GUYS. THIS IS A PRETTY TOUGH ROPE COURSE, BUT I THINK YOU ALL CAN HANDLE IT.

OH, YEAH - EASY!

GREAT JOB, LANCE!

THAT WAS AWESOME, GRACIE!

WHERE IS EVERYONE ELSE?

C'MON, ALEX. YOU'RE WEARING A HARNESS!

YOU'LL BE FINE!

EASY FOR YOU TO SAY! YOU CAN FLY!

A TRUE STORY OF **SCOUTS IN ACTION**

**He
Saved The
Driver From
A Burning
Car!**

Christopher Janice, 15, was with his mom in their car when they noticed a person on the other side of the street who appeared to be trapped in their vehicle.



Christopher's mom parked her car behind the other vehicle, and they both got out to check on the young woman. As they approached, they could see smoke coming from under the car's hood.



The car's electrical system had failed, trapping the driver inside. A few seconds later, flames erupted from beneath the hood.



Christopher broke the passenger window with a rock and pulled the driver out of the burning car.



Christopher called 911 and told his mom to move their car away from the fire.



First responders arrived and treated a cut on the young woman's arm, and the fire department put out the fire.



Second Class Scout Christopher Bjorn Janice, a member of Troop 500, chartered to Brentwood Baptist Church in Houston, Texas, received a Heroism Award for his actions.



"Scouts In Action" subjects come from the National BSA Court of Honor. If you know of an act of heroism that should be recognized, contact your local BSA council office for a lifesaving or meritorious award application. Note: Consult approved safety guidelines, as actions depicted here may not precisely follow standard procedures.

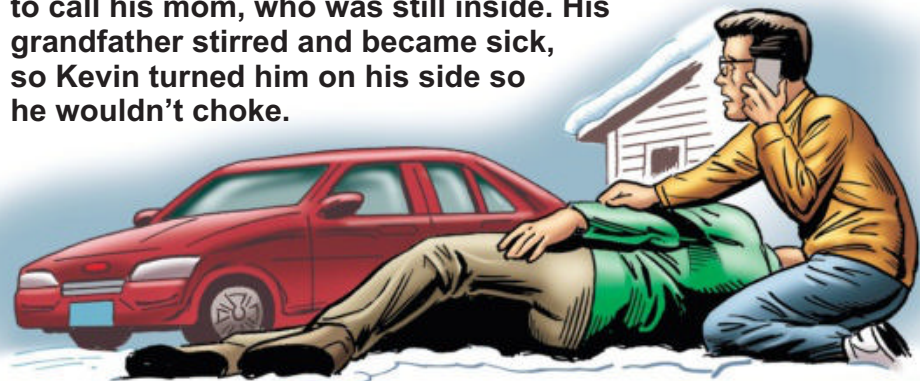
SIA ON THE WEB
go.scoutlife.org/sia

He Saved His Grandfather!

Kevin Palacino, 15, was looking out the window of his house when he saw his grandfather lying motionless on their icy driveway.



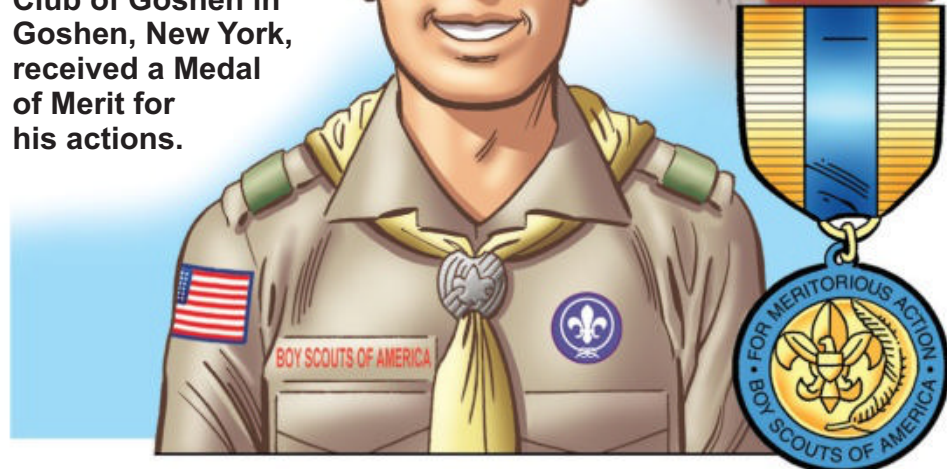
Kevin ran outside and found that his grandfather was breathing but unconscious. He used his phone to call his mom, who was still inside. His grandfather stirred and became sick, so Kevin turned him on his side so he wouldn't choke.



Kevin's mom called 911 and brought blankets to keep his grandfather warm. Kevin called his dad at work, and Kevin's dad was able to access their home's security video. He saw that the man had fainted in the driveway and hit his head. Paramedics arrived and took Kevin's grandfather to a hospital. Kevin's grandfather continues to recover.



Life Scout Kevin Palacino, a member of Troop 62, chartered to Rotary Club of Goshen in Goshen, New York, received a Medal of Merit for his actions.



He Saved His Family From A Fire!

RJ Landers, 14, was in his home when he smelled smoke. He went outside to investigate and saw that his house was on fire.



RJ ran back inside and told his mom, then immediately took his wheelchair-bound grandmother to a neighbor's house. Mrs. Landers called 911.



After ensuring that the kitchen was safe to re-enter, RJ went back to grab some medication that was critical to his grandmother's health before leaving the house for good.



First Class Scout Randal "RJ" Landers II, a member of Troop 484, chartered to Knights of Columbus Council 1230 in Festus, Missouri, received a Medal of Merit for his actions.



GRANT MIEHM

COOLEST ARCTIC ANIMAL

39%

ARCTIC FOX

NARWHAL

19%

BELUGA WHALE

5%

POLAR BEAR

31%

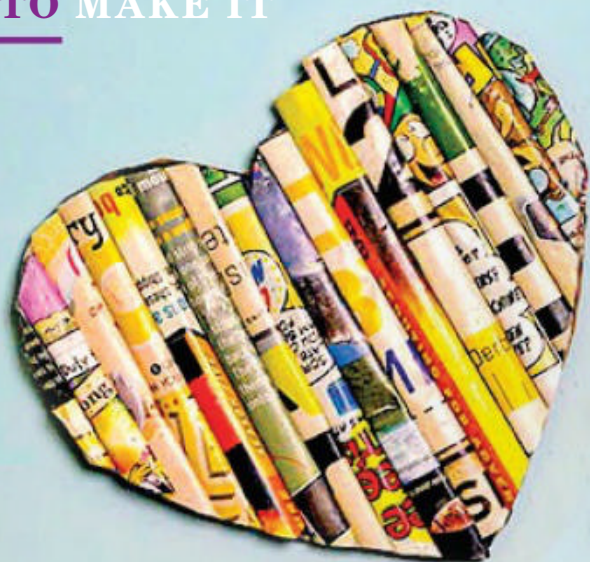
CARIBOU

4%

WALRUS

2%

We asked. You answered. Here are the results of one of our online reader polls. Let us know your favorites at go.scoutlife.org/polls



WALL ART WITH OLD MAGAZINES

Instead of getting rid of your old *Scout Life* issues, recycle them in a creative way!



WHAT YOU'LL NEED:

- Canvas, construction paper or posterboard
- Cardboard
- Craft glue
- Old magazines
- Paper straw or pencil
- Scissors
- Tape
- Printable design (lion, flower, heart, etc.)
- Crayons, markers and paint (optional)



SAFETY FIRST: Ask an adult to help with tools and materials you haven't used before.

WHAT YOU'LL DO:

STEP 1.

PRINT AND CUT OUT THE DESIGN OF YOUR CHOICE. Glue it on a thin piece of cardboard. Cut off any excess cardboard surrounding your design (ask a parent for help if needed).



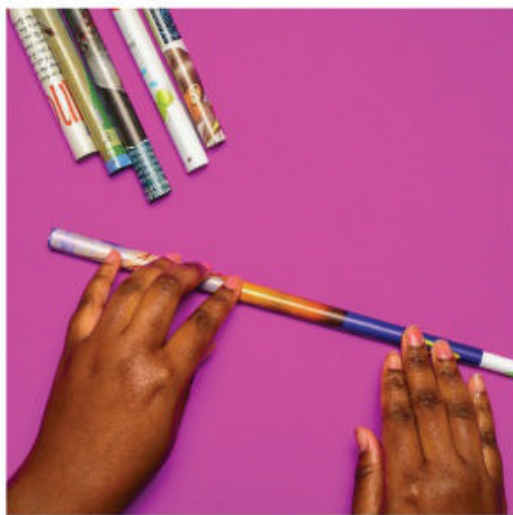
STEP 2.

TEAR OUT 25 MAGAZINE PAGES. Use more or fewer pages depending on the size of your design. Cut each page in half and set aside.



STEP 3.

USING YOUR PAPER STRAW OR PENCIL, tightly roll each of the half pages. Once rolled, tape the ends and center of the page to keep them from unraveling.



STEP 4.

GLUE THE ROLLS TO YOUR CUTOUT DESIGN. Tip: You may want to measure your roll to your design and trim the excess paper before gluing. Once it's covered, let your design dry for about 10 minutes before turning it over and cutting off any extra pieces.



STEP 5.

OPTIONAL: GLUE YOUR DESIGN TO A CANVAS, posterboard or piece of construction paper. You can leave the outer space blank or add background artwork using crayons, markers and paint.



STEP 6.

FIND A PLACE TO DISPLAY YOUR ARTWORK for everyone to see. ♣



Find more fun projects at go.scoutlife.org/howto



WONDERFUL WATER

Stay hydrated with plenty of water, even during the winter.

- Water keeps your body temperature normal, lubricates your joints, protects your spinal cord and helps get rid of bodily waste.
- How much is enough? There's no magic number, but drinking five to eight glasses a day is a good start. When you're exercising, plan to drink even more.
- Carry a water bottle for easy access. There's a design and style for just about everyone.
- Avoid sugary drinks like soda, fruit punch and lemonade. Also, don't let flavored waters fool you: They usually contain sugar.
- Although it's rare, drinking too much water can cause overhydration. Symptoms include blurred vision, muscle cramps, poor coordination, nausea, rapid breathing, sudden weight gain and weakness.
- What are the signs of dehydration? In addition to being thirsty, you might feel tired or weak, experience fast breathing and a rapid heart rate, and have flushed skin.

Get more health and fitness tips at go.scoutlife.org/fitnessfirst

Judaism

FOR THEIR RELIGIOUS EMBLEMS, JEWISH SCOUTS STUDY family names, holidays such as Passover, terms such as Shalom (peace), symbols such as Siddur (a prayer book) and important Jewish people in history such as Moses.



Jewish Cub Scouts in first through third grades can earn the **Maccabee** emblem, which is named for a group of brothers that fought a Syrian king to keep Judaism alive. Hanukkah celebrates their victory.



Cub Scouts and Webelos Scouts in third through fifth grades can earn the **Aleph** emblem, named for the first letter of the Hebrew alphabet.



Scouts and Venturers in sixth through ninth grades can earn the **Ner Tamid** (Eternal Light) emblem.



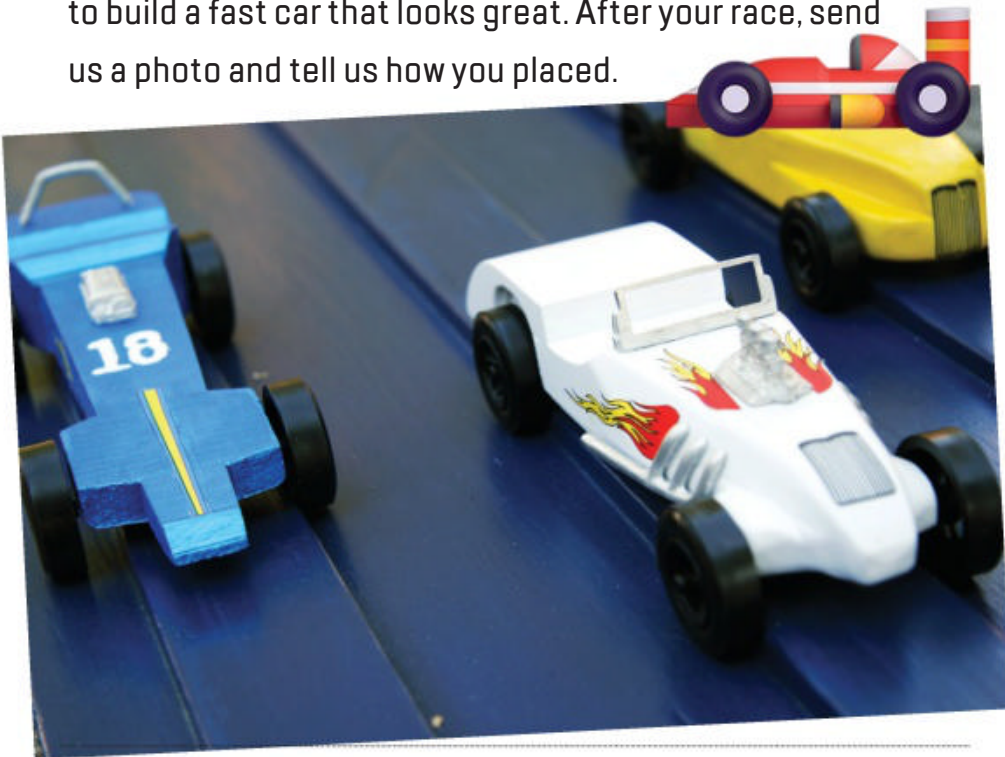
Older Scouts (ages 14-17) and **Venturers** (ages 14-20) can earn the **Etz Chaim** (Tree of Life) emblem.

For more information, contact your local council or visit go.scoutlife.org/religiousawards

Cheese PATROL 2! Cat attack!

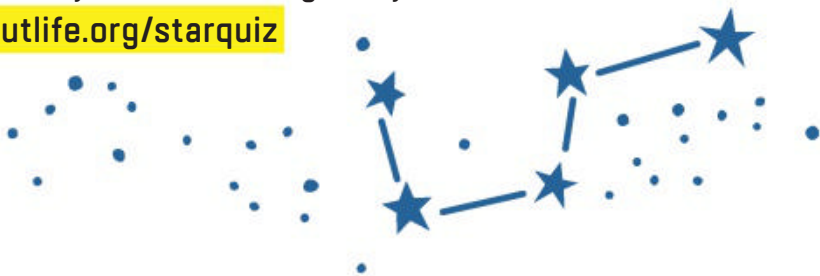
 Our new game is even cheesier than the last. Find it at go.scoutlife.org/catattack

IT'S DERBY SEASON Visit Pinewood Derby HQ at go.scoutlife.org/pinewood for all the tips you'll need to build a fast car that looks great. After your race, send us a photo and tell us how you placed.



★ NAME THAT CONSTELLATION

How well do you know the night sky? Find out at go.scoutlife.org/starquiz



CAPTIONS THAT MADE US

- I forgot to alpaca my bags! (Submitted by bob)
- The deceiving sign said, "Camel rides this way." (tortugita)
- It's not hitchhiking; it's humphiking! (Squishymole)
- I had to get towed. I ran out of coolant. (Da car dude)
- I hope I packed enough water for this road trip. (chipmunk17)
- Apparently they said I "wouldn't fit in the front seat." (Tuxedo cam)
- Ah, the tables have turned. The rode has become the rider. (Scout_SecondClass)
- NO! Why did you bring me back home? (Broski)
- Sometimes you need a little help to get over the hump! (Bonnie D)

Write your caption at go.scoutlife.org/funnycaptions

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Izzack: What do you call Frosty in the middle of May?

Bob: What?

Izzack: A puddle.

— Izzack C., Warren, Michigan



KARTHIK: What did one snowman say to the other after it returned from a skiing trip?

FRED: What did it say?

KARTHIK: "It's snow good to be back."

Karthik B., Fremont, California

Tobias:
Did you hear about the painter who was wrongly convicted?
Amanda:
No. What happened?

Tobias: He was framed.

Tobias U., Cedar Park, Texas

AYN: How do clams and oysters talk to each other?

LAYLA: I don't know.

AYN: On their shell phones.

Ayn A., Pittsburgh, Pennsylvania

MASON: What can you find in Clark Kent's bathroom?

DANIEL: I have no idea.

MASON: A Super Bowl.

Mason L., Neenah, Wisconsin

Miles: Knock, knock.

Josh: Who's there?

Miles: Figs.

Josh: Figs, who?

Miles: Figs the door — it's broken.

Miles C., Ogden, Utah

NATHANIEL: What is a taxi driver's favorite vegetable?

SERENA: What?

NATHANIEL: Cabbage.

Nathaniel C., Manhattan, Kansas

BLAKE: What do you get when you cross the galaxy and a fish?

MASON: I don't know.

BLAKE: A starfish.

Blake S., Kiel, Wisconsin

TOM SWIFTY: "Where's the water?"

Tom asked dryly.

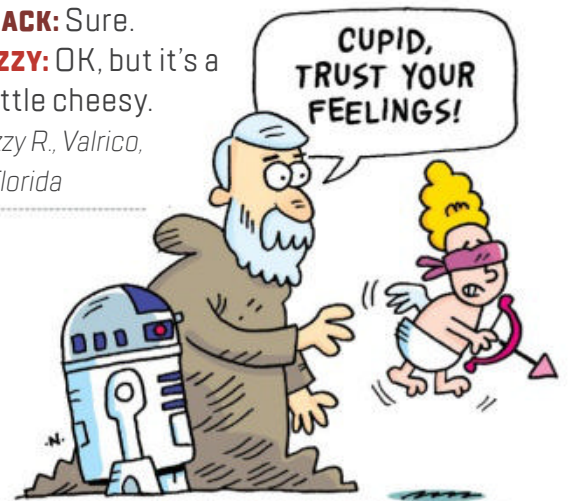
Breece O., College Station, Texas

IZZY: Want to hear a pizza joke?

ZACK: Sure.

IZZY: OK, but it's a little cheesy.

Izzy R., Valrico, Florida



Timothy: Why does a T. rex always carry around a bag full of bandages?
Sally: Tell me.
Timothy: Because it has so many dino-sores.

Timothy R., Joshua Tree, California

MARGARET: Why did the chef throw butter across the room?

SCOTT: I don't know. Why?

MARGARET: He wanted to see a butterfly.

Margaret C., Rock Hill, South Carolina

ELLA: How can you tell if a Scout has earned their Cooking merit badge?

CHELSEA: How?

ELLA: They'll make good use of their thyme.

Ella R., Lynnwood, Washington



Laugh at 4,000+ more jokes at jokes.scoutlife.org



ASHER: What is an egg's favorite kind of music?

MAX: Not sure.

ASHER: Kary-yolky.

Asher P., Brookfield, Wisconsin

RALEIGH: What do librarians take fishing?

LISA: What?

RALEIGH: Bookworms.

Raleigh P., Brookfield, Wisconsin

Viktor: What do you get when you cross a tarantula with a rose?

Joe: I'm stumped.
Viktor: I don't know, either, but I wouldn't try smelling it.

Viktor K., Hawley, Pennsylvania

A PUNNY BOOK: *A Guide to Disney World* by Mick E.

Ellis R., Portland, Oregon



Benjamin: "I have wings and a tail; across the sky is where I sail. I have no eyes, ears or mouth. What am I?"

Jane: I don't know.

Benjamin: A kite.

Benjamin S., Arlington, Texas



Reed: Knock, knock.

Alyssa: Who's there?

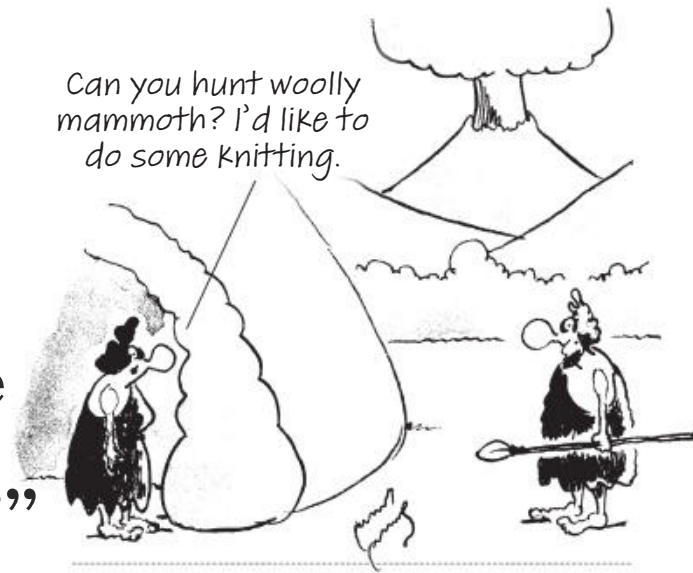
Reed: Cargos.

Alyssa: Cargos, who?

Reed: Cargos in the garage.

Reed J., Perkasio, Pennsylvania

Can you hunt woolly mammoth? I'd like to do some knitting.



BEN: What's Little Caesars' favorite game?

LUCY: What?

BEN: Dominoes.

Ben K., Grand Rapids, Michigan

NATHANIEL: Why do electronics make great leaders?

LAYNE: Why?

NATHANIEL: Because they have the power.

Nathaniel C., Manhattan, Kansas

BROOKS: What do you call an elephant inside a phone booth?

SAMMY: What?

BROOKS: Stuck!

Brooks M., Greenville, South Carolina

THOMAS: What do you call a cow in an earthquake?

SEAN: I'm not sure.

THOMAS: A milkshake.

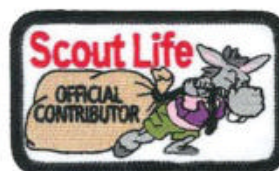
Thomas V., West Fargo, North Dakota

LILY: What did the cucumber say to the tomato about his math homework?

MACY: What?

LILY: "There's this one problem that is really putting me in a pickle. Can you help me?"

Lily F., Raleigh, North Carolina



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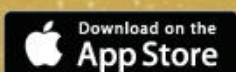
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